

## **The Carmel Foundation Wednesday Programs October 2017**

Refreshments Served Immediately Following the Program

### **Protect Yourself From Scammers, Hackers, and Cybercriminals**

Time: Wednesday, October 4, 2:30pm

If you own a computer, laptop, tablet or smartphone, as soon as you turn it on and connect to the Internet you become a target. You may think you're a small fish in a big pond and nobody would go after you, but nothing could be further from the truth. The bad guys like little fish because they are easier to catch. Join Todd Sergot, an information technology professional and the Director of Service for The Alvarez Technology Group. He is an expert and will give you the tools to protect your identity online.

### **Mongolia- Dan Presser**

Time: Wednesday, October 11, 2:30pm

Dan recently completed a Magnificent Mongolian Adventure. He traveled to Ulaan Baatar, Mongolia's capital and from there south to the Gobi Desert to the exact spot where the early American explorer Roy Chapman Andrews discovered fossilized dinosaur bones and dinosaur eggs. Come and discover the mystical land of Mongolia with Dan Presser, owner of FourWinds Travel.

### **Monterey Bay Village Looking Ahead Wellness Series - The Brain Improvement Prescription: Stimulate Cognitive and Social Connection through Improv Comedy**

Time: Wednesday, October 18, 2:30pm

Ms. Carol Roberts, MA in Gerontology, will explain the roots and history of comedy improvisation and explore how it is used today in work with people with memory loss, anxiety, depression and social isolation. She will touch on the research testifying to its benefits and efficacy. A former member of San Francisco's Femprov Comedy Troupe and a former standup comedian performing with the likes of Robin Williams, Paula Poundstone and Ellen Degeneres, Ms. Roberts now teaches comedy improv at The Carmel Foundation. The lecture will be followed by a comedy improv demonstration by members of the class and guests.

### **Medicare Update 2018**

Time: Wednesday, October 25, 2:30pm

Join Tamara McKee from Alliance on Aging as she informs you about the costs & changes to Medicare in 2018. The Medicare Open Enrollment Period begins Oct 15th. Don't be caught off guard! Learn more about options to re-evaluate your coverages.

