



CCSC Presenter Series

Wednesdays at 11:00am

Sept 7: *Getting the Word Out*

Bob McKechnie,
former Director of Cathedral City Senior Center

Most people think abolishing the institution of war is impossible. We disagree. Come to this lecture to hear why.

Sept 14: *10 Rules For a Good Life*

Dr. Saguil, Family Hospice
Following the presentation he will answer questions and help anyone who is interested to fill out an advanced directive.

Family Hospice Care
Comfort • Care • Compassion

Sept 21: *A Hidden Gem*

Eric Altman will speak about the history of the Runway Bar and Restaurant at the CCBC Resort.



Sept 28: *Why Eat Fruits the MyPlates Way?*

Edith Almanza,
Riverside County Office on Aging





Serie de Presentadores

Miércoles a las 11:00am

Sept 7: *Correr la Voz*

Bob McKechnie, ex Ddirector del Ccentro Para Personas Mayores de Cathedral City

La mayoría de la gente piensa que es imposible abolir la institución de la guerra. No estamos de acuerdo. Ven a esta conferencia para saber por qué.

Sept 14: *10 Reglas Para Una Buena Vida*

Dr. Saguil, Family Hospice

Después de la presentación, responderá preguntas y ayudará a cualquier persona interesada a completar una directiva anticipada.

Family Hospice Care
Comfort • Care • Compassion

Sept 21: *Una Joya Escondida*

Eric Altman hablará sobre la historia del Runway Bar and Restaurant en el CCBC Resort



Sept 28: *¿Por qué comer frutas al estilo de Mis Platos?*

Edith Almanza,

Oficina del Condado de Riverside Sobre el Envejecimiento

