

AARP OCTOBER EVENTS

October Events

Daily Habits for Better Brain Health with Sarita (Oct. 23 @ 12 p.m. – 1 p.m. | Virtual)

AARP volunteer Sarita Cardozo will lead us in a discussion of the 6 pillars of brain health and how you can incorporate them into your daily living habits. Learn more [HERE](#). This **virtual** event is free and open to the public.

Enhance Your Job Search (Oct. 24 @ 1:30 p.m. – 2:30 p.m. | AARP San Jose Office)

Join AARP Community Education volunteers MJ Lee and Diane Cho for tips and strategies that can help you jump start your job search! Whether you're looking for a job or considering a career change, this workshop is designed to help you:

- Develop your personal brand
- Take inventory of your skills
- Grow your network
- Update and age-proof your resume

Space is limited and advance registration is required! Learn more [HERE](#)

End of Life Discussions with Lily and Sandy (Oct. 29 @ 12 p.m. – 1p.m. | Virtual)

Join us for a conversation with Sandy Chen Stokes, Executive director of the Chinese American Coalition for Compassionate Care, and Lily Liu, an AARP California volunteer with lived experience as a family caregiver. Sandy and Lily will talk about the challenges of discussing end of life and death, the role Asian culture and language plays, and how to get the conversation started. They will also share some resources and tools to help with these conversations. Learn more [HERE](#).