



# Senior Lunch & Learn Series

HAVEN COMMUNITY ROOM  
THE LAURELS AND THE HAVEN IN HIGHLAND CREEK  
5920 McChesney Drive Charlotte, NC 28269

## Vision for Every Generation

*Presented by Dr. Chuck Balch of the  
Developmental Vision Center*

**Tuesday, January 17th • 11:30 - 1:00pm**

- Keeping your vision at peak performance
- Ergonomics – Reducing the eye strain epidemic
- Balance is for Seniors
- Learning related vision problems

Lunch provided

**RSVP by Thursday, January 12th to  
704-659-7545**

## AARP Driver Safety Course

*Taught by Officer Howard Setzer, CMPD*

**Tuesday, January 31 • 9:30 - 2:00pm**

Classroom setting – No driving!

### TOPICS COVERED:

- Current rules of the road
- Defensive driving techniques
- Operating your vehicle more safely in today's increasingly challenging driving environment
- Adjustments to accommodate common age-related changes in vision, hearing, and reaction time

Cost: \$12 for AARP Members  
\$14 for Non-Members

Cost includes lunch, course notebook and all materials.

**RSVP by Wednesday, January 25th to  
704-659-7545**

THE LAURELS & THE HAVEN  
IN HIGHLAND CREEK

**FIVESTAR SENIOR LIVING™**

6101 Clarke Creek Parkway • Charlotte, NC 28269

**704-947-8050**

[www.LaurelsHighlandCreek.com](http://www.LaurelsHighlandCreek.com)

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WE LOOK FORWARD TO SEEING YOU!