SENIOR COHOUSING

And Other Options For Aging In Your Community
...an interactive conversation

Envision your future lifestyle; discover the right solution for you! Join this newly formed self-directed study group for ongoing exploration and discussion.

SUN JAN 31
2:00 to 4:00 PM
At the Northeast Library
35th Ave NE & NE 68th Street

For More Info: http://groups.yahoo.com/group/SeattleAIC
In the coming months, Seattle AIC will be following a program entitled STUDY GROUP 1. Its purpose is to make vivid what the opportunities, challenges, and difficulties are of “aging in place,” and what advantages community offers in comparison to the alternatives.

**INTRODUCTION**  
Looking at the future, making choices  
Exploring the purpose of Study Group 1

**SESSION ONE:**  
Aging in Place/Aging in Community  
Denial  
What is your Aging Scenario?

**SESSION TWO:**  
Group Process: Working Together  
Consensus  
Communication Skills

**SESSION THREE:**  
The Realities of Getting Older  
Limitations  
Accepting emotional & physical change

**SESSION FOUR:**  
Co-care and Outside Care  
Care choices  
Who will take care of us?

**SESSION FIVE:**  
Staying Healthy through Community  
Co-healing  
Searching for Long Life

**SESSION SIX:**  
The Economics of Getting Older  
Costs  
Finances of various arrangements

**SESSION SEVEN:**  
Philosophy, Spirituality, and Mortality  
Inner Work  
Fears & Mortality: Do people become more spiritual?

**SESSION EIGHT:**  
Sage-ing: What do we have to offer the world?  
Outer Work  
Growing into elderhood

**SESSION NINE:**  
Risk and Responsibility  
Opportunity  
Defining our own lifestyle; Planning an adventure

**SESSION TEN:**  
Fieldtrip: Looking at Communities  
Case study  
How to build community, create ownership

Sign up for the Seattle Aging In Community listserv to receive updates and information:  [http://groups.yahoo.com/group/SeattleAIC](http://groups.yahoo.com/group/SeattleAIC)

*SEATTLE AIC is an independent group of Seattle area individuals exploring possibilities for active, enriching community-based aging.*