

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.**

FREE!



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>

**seattle
aic**

Seattle Aging In Community

An independent group of
Seattle area individuals
exploring possibilities
for active, enriching
community based aging.

Aging in Community

STUDY GROUP 1 OVERVIEW

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 Purpose	Looking at the future, making choices Exploring the purpose of Study Group 1
SESSION ONE: Denial	Aging in Place/Aging in Community What is your Aging Scenario?
SESSION TWO: Consensus	Group Process: Working Together Communication Skills
SESSION THREE: Limitations	The Realities of Getting Older Accepting emotional & physical change
SESSION FOUR: Care choices	Co-care and Outside Care Who will take care of us?
SESSION FIVE: Co-healing	Staying Healthy through Community Searching for Long Life
SESSION SIX: Costs	The Economics of Getting Older Finances of various arrangements
SESSION SEVEN: Inner Work	Philosophy, Spirituality, and Mortality Fears & Mortality: Do people become more spiritual?
SESSION EIGHT: Outer Work	Sage-ing: What do we have to offer the world? Growing into elderhood
SESSION NINE: Opportunity	Risk and Responsibility Defining our own lifestyle; Planning an adventure
SESSION TEN: Case study	Fieldtrip: Looking at Communities 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>

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