

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.

TEN STUDY SESSIONS.

...PLEASE JOIN US!

FREE!



SUNDAYS, FEB 14 thru JUN 20

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>

(See reverse side for session topics)

**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	Jan 31, 2:00-4:00 PM
SESSION ONE: Denial	Aging in Place/Aging in Community What is your Aging Scenario?	Feb 14, 2:00-4:00 PM
SESSION TWO: Consensus	Group Process: Working Together Communication Skills	Feb 28, 2:00-4:00 PM
SESSION THREE: Limitations	The Realities of Getting Older Accepting emotional & physical change	Mar 14, 2:00-4:00 PM
SESSION FOUR: Care choices	Co-care and Outside Care Who will take care of us?	Mar 28, 2:00-4:00 PM
SESSION FIVE: Co-healing	Staying Healthy through Community Searching for Long Life	Apr 11, 2:00-4:00 PM
SESSION SIX: Costs	The Economics of Getting Older Finances of various arrangements	Apr 25, 2:00-4:00 PM
SESSION SEVEN: Inner Work	Philosophy, Spirituality, and Mortality Fears & Mortality: Do we become more spiritual?	May 9, 2:00-4:00 PM
SESSION EIGHT: Outer Work	Sage-ing: What do we have to offer the world? Growing into elderhood	May 23, 2:00-4:00 PM
SESSION NINE: Opportunity	Risk and Responsibility Defining our own lifestyle; Planning adventures	June 6, 2:00-4:00 PM
SESSION TEN: Case study	Fieldtrip: Looking at Communities How to build community, create ownership	June 20, 2:00-4:00 PM

Location: The Northeast Library, 35th Ave NE & NE 68th Street, (...until further notice).

Sign up for the Seattle Aging In Community listserv to receive updates and information:

<http://groups.yahoo.com/group/SeattleAIC>

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