



Events 2018

January – June 2018 Schedule of Events

Art of Aging 2nd Wednesday of each month 3:00-5:00pm	
January 10	Jump Into Life in Your Second Adulthood Kathie Hightower
February 14	Humor, Stories, Poetry
March 14	Priorities Oh, How Things Change!
April 11	A Better Night's Sleep
May 9	Age Friendly Communities Mary Ruhl
June 13	Lifelong Learning Adventures Laurie McCray & Kathie Hightower
Art of Dying 4th Wednesday of each month 3:00-5:00pm	
January 24	End of Life Decisions Discussion
February 28	Grief Support
March 28	Near Death Experiences Kathleen Moore
April 25	Terminal Illness, a Conversation for Dying and Living
May 23	Being With the Dying: Our Experiences
June 27	Caregiving In The Home

July – December 2018 Schedule of Events

Art of Aging 2nd Wednesday of each month 3:00-5:00pm	
July 11	Everyday Experiences of Aging
August 8	ASPIRE Program: connecting multiple generations
September 12	Rainy Day Villages
October 10	Body Image & Acceptance
November 14	Writing Obits
December 12	Downsizing & Decluttering
Art of Dying 4th Wednesday of each month 3:00-5:00pm	
July 25	Film: <i>Living While Dying</i>
August 22	Positive Approach to Caring for Those with Dementia
September 26	Honoring the Grief of Our Lives
October 24	Film: <i>Coco</i>
November 28	Still Here: Ram Dass Quotes
December 25	NO EVENT