

A Time to Talk

a weekly discussion group offered by the Alliance on Aging

Facilitated by two experienced peer counselors, many fascinating and relevant topics will be explored with curiosity and enthusiasm at this no cost lively discussion group. Your insights and sharing will be warmly welcomed. Attend all the groups or only as many as you can. Join us for a time to share, enjoy camaraderie and laughter.

Some possible topics for discussion are listed below, but participants will also be invited to make suggestions:

- The challenges & benefits you experience in middle to later life
- Sharing tips on creating a fulfilling retirement
- *How have I changed since retirement?* Reinventing yourself
- *What are my dreams and goals? Do I have a bucket list?*
- Creating inner balance: emotional, physical, & spiritual needs
- What leads to happiness?
- Social relationships, maintaining healthy boundaries with others
- Reflections on being mortal

WHEN: Thursday, December 03, 2015
(continues for 8 consecutive weeks)
2:00 p.m. - 3:00 p.m.

WHERE: Active Seniors Inc.
(FREE - NO MEMBERSHIP REQUIRED)
100 Harvest Street in Salinas (93901)

For more information, please contact Nanci at 831-975-4257.