

Elder Circles February 2018

*Join us on the
Wisdom Journey!*

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Gather the Elders 2018: *Living with Change*



Twinfeathers' entrancing flute opened the event at the Jewish Community Center on Jan. 26.



Honoring a Life: Advance Care Planning Conversations

March 21, 2018

9:30 a.m. to 11:30 a.m.

**Our Family Services
3830 E. Bellevue**

How do you hope to spend the final stage of your life? Have you planned adequately for any medical situations that might arise for you? Who else needs to know what your wishes are so that you can receive what you want?

Attend this free two-hour workshop and learn:

- Why deciding what kind of healthcare you want late in life is important.
- How to talk to your loved ones and healthcare professionals about what you want.
- How to document your decisions so your wants will be known.
- How to revise and update any existing advance care plans.

Preregistration is required (no payment required).



Some 90 elders participated in the highly interactive event, which included, speakers,

Wisdom Circles, art and photography displays, a book give-away, QiGong, and "simple" brain games (shown above) that turned out to be not so simple!



Wisdom Panelists (from left) Pamela Hale, Vera Lander, Deborah Knox and Sharon Kha shared inspiring and thought-provoking stories of adapting to change. The program also included a loving tribute to Gather the Elders founder Del Jones.



After a full breakfast – and a full plate of ideas – participants engaged in facilitated Wisdom Circle conversations at their tables.

[Download a flyer](#)

[Register Here](#)
(seating is limited)



Elder Circles February Schedule

Elder Circles focus on topics related to four cornerstones of aging: Life Review, Life Repair, Mentoring, and Leaving a Legacy.

Please join us at one of the many free Elder Circles held around town. Drop-ins are welcome!

[Oro Valley](#)

Oro Valley Public Library

1305 W. Naranja Dr.
Second Wednesdays
Feb. 14, 10 am

[North Tucson](#)

St. Francis in the Foothills

4625 E. River Rd. (at Swan)
Second Fridays
Feb. 9, 10 am

[Northwest Tucson](#)

Ellie Towne Flowing Wells Community Center

1660 W. Ruthrauff Rd
(Wetmore & Romero)

Gather the Elders is grateful to the wonderful hospitality provided by the JCC, and the support of our event sponsors: Watermark Retirement Communities, Pima Council on Aging, Family Home Care, Sun Life Home Care and Visiting Angels Living Assistance Services.

Although Gather the Elders is an annual event, Elder Circles are held monthly. If you want to experience the connection and vitality of a Circle near you, check out the list of Circles at right!

~ News ~

Solo Seniors Elder Circle

A new Elder Circle is starting this month for people over 60 who are aging alone without family or close friends nearby. The Circle kicks off with three sessions in February (Feb. 5, 12, 19), and then becomes a monthly group in March, meeting thereafter on the first Monday of each month. See the Elder Circle schedule at right for times and location.

Learn to Facilitate an Elder Circle

This highly experiential half-day training will be March 1, from noon to 5 pm, at Our Family Services, 3830 E. Bellevue. Cost is \$65. [Register here](#) or contact Chris Medvescek at cmedvescek@ourfamilyservices.org

Third Wednesdays
Feb. 21, 10:30 am

Amber Lights

6231 N. Montebella
(near Northwest Medical Center)
Fourth Tuesdays
Feb. 27, 3:00 pm

Central Tucson

Jewish Community Center

3800 E. River Rd. (at Dodge)
First Sundays
Feb. 4, March 4, 1:00 pm

LGBTQI Elder Circle

Cornerstone Fellowship
2902 N. Geronimo Ave.
Third Saturdays
Feb. 17, 1:00 pm

NEW!

Solo Seniors

Our Family Services
3830 E. Bellevue
February 12, 19 1:00 pm
March 1 1:00 pm
(See information in News, at left)

East Tucson

Udall Senior Center

7200 E. Tanque Verde
Second Mondays
Feb. 12, 1:00 pm

Sierra Del Sol Senior Living

8151 E. Speedway
Second Wednesdays
Feb. 14, 10:30 am

Broadway Proper Retirement Community

400 S. Broadway Place
First Thursdays, 2:30 pm
This Circle is on hiatus.

StayGold Spring 2018

Stay Gold is a six-week intergenerational LGBTQIA+ Arts Program. Approximately 10 youth are involved and organizers are hoping to attract more elders. Sign-up is still open, even though the program began Jan. 24. It's being held at the University of Arizona Museum of Art, from 4-6 pm Wednesdays, through Feb. 28. Free.

[Click here to register](#)

Questions? Contact Eli Burke,

eliburke@email.arizona.edu

Questions about

Elder Circles?

Contact Christina Medvescek

323-1708 ext. 122

cmmedvescek@ourfamilyservices.org

Elder Circles is a program of the Center for Community Dialogue, Our Family Services.

Green Valley

Casa Community Center

780 S. Park Centre Ave.

Fourth Mondays

Feb. 26, 3:00 pm