



# Coming Fully Alive as You Age

**A series of interactive workshops  
sponsored by Redwood City Sr. Center and Sr. New Ways**

## **Meet and Share Our Stories**

**DATES: Fridays, June 2, 9, 16, 23, 30    TIME: 1:00-2:30 pm**

**WHERE: Redwood City Veterans Memorial Senior Center,  
Sunset Rm.**

**Facilitators:** Judith Pruess-Mellow, Ph.D., M.Div. Executive Director of Senior New Ways, [www.seniornewways.org](http://www.seniornewways.org); Susan Harlan, gerontologist and Program Manager, Center for Aging and Spirituality; Merrylen Sacks, gerontologist; Marita Grudzen, geriatric educator (Stanford Geriatric Education Center); Vivian Silva, gerontologist.

### **TOPICS:**

#### **INTRODUCTORY FREE SESSION—OVERVIEW**

#### **FINDING MEANING IN LIFE**

Finding purpose; living life to the fullest; being versus doing; positive aspects of aging.

#### **BEING FULLY ALIVE (Mind, Body, Spirit)**

Meditation and prayer; care of the body; coping with physical limitations; passion for life.

#### **AGING AS A SPIRITUAL JOURNEY**

Finding hope; letting go of expectations; making sense of suffering; forgiveness & healing.

#### **UPLIFTING POWER OF HUMOR**

Uplifting of spirit & use of humor; enjoying the present moment; looking at the positives in our lives.

This highly successful course, co-sponsored by the **Center for Aging and Spirituality**, has been taught at Avenidas Senior Center, Grass Valley Wellness Center, Jewish Community Center of Palo Alto, St. Williams Catholic Church and many Methodist Churches in the Bay Area, including Downs MUMC, Redwood City UMC, Valley Faith UMC, Los Altos UMC, Walnut Creek UMC, Crystal Springs UMC, and Central UMC of Stockton. For more information call Linda Griffith at (650) 780-7270 or Judith at 650-209-1119. [www.seniornewways.org](http://www.seniornewways.org); [judithpm@seniornewways.org](mailto:judithpm@seniornewways.org).