

A Time to Talk

a weekly discussion group offered by the Alliance on Aging



This is a no-cost discussion group, facilitated by two experienced counselors. As a member of this group you will be able to share experiences, enjoy camaraderie with other seniors and even suggest topics. Your suggestions and input will drive the discussion. To stimulate your thought process here are some fascinating and relevant topics that we have covered:

- Challenges & benefits you experience in middle to later life
- Tips on creating a fulfilling retirement
- Reinventing yourself after retirement
- Dreams and goals
- Inner balance: emotional, physical, & spiritual needs
- The path to happiness
- Social relationships, maintaining healthy boundaries with others
- Reflections on being mortal

WHEN: Thursdays from 2:15 - 3:30 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.