



# WISDOM



Come share your wisdom! These cafés provide an opportunity to converse and connect with others in discussions of universal topics such as gratitude, legacy, happiness and what gives life meaning. Come for one session or more in a facilitated small group conversation. Connect with others, build community and enjoy our shared wisdom! Coffee, tea and treats provided!

## ***Held at Downtown Bellevue Main Club***

### ***West Side of Downtown Park, in the Boys and Girls Club, 209 100th Avenue NE, Bellevue***

Six free workshops facilitated by Rebecca Crichton and Dori Gillam from the Northwest Center for Creative Aging.

#### **Rise and Shine**

***Thursday, September 26, 11am-12:30pm***

Looking forward to each day relates to living fully. What would get you up with enthusiasm and a sense of purpose? Discuss how to infuse our days with the elements that rouse us.

#### **Aging Creatively-Living Life with Intention**

***Thursday, October 10, 11am-12:30pm***

Staying intentional and awake are choices we can make at any age. Being older often gives us time to explore and discover what matters most to us. What do you want to discover?

#### **The Artist Within**

***Thursday, October 24, 11am-12:30pm***

We are all born with the capacity to engage with the world creatively. How does your inner artist show up? You might be surprised by what you discover.

#### **The Gifts of Memory**

***Thursday, November 7, 11am-12:30pm***

What are your gifts of presence? What holiday traditions are most important to you? We'll share stories about how to bring ourselves and those close to us more fully to this season of celebration.

#### **Gratitude-More Than Counting Blessings**

***Thursday, November 21, 11am-12:30pm***

All of the world's spiritual traditions emphasize gratitude as a central practice. How does gratitude manifest in your life?

#### **Staying Connected-Strategy for a Full Life**

***Thursday, December 5, 11am-12:30pm***

As we age, our relationships and responsibilities change. How do we stay connected with our children, our communities and the environment? What does it mean to stay connected? We all have wisdom we can share about this important topic.

Register online at [register.bellevuewa.gov](http://register.bellevuewa.gov) or call Northwest Arts Center, 425.452.4106.

In partnership with:



Reasonable accommodation for individuals with disabilities is available; please contact the library prior to the event if you require accommodation.

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