



Let's Talk:

Conversations on Aging

Let's Talk offers a setting for open, and honest facilitated discussion on topics unique to people over the age of 60. These interactive conversations provide a forum for discussion as well as an opportunity to explore new possibilities, resources, and connection.

Call 503-625-5644 to register

Wednesday, June 3rd @ 10:30am

Regrets

Everyone has regrets. Some are small and we don't think about them; others stay with us for years. Can we let some of them go? Let's Talk about some of our regrets and what we can do about them

Wednesday, July 1st @ 10:30am

Summer Memories

How did you spend your summers without cell phones and streaming devices? What did you do? What did you want to do that you couldn't? Are your memories happy ones? Let's Talk about our past summer times.

Wednesday, August 5th @ 10:30am

Moving

It is often difficult to move especially when we age. Do we move in with family or a retirement facility? Do we have to consider the needs of others or are we alone? Let's Talk about our feelings and concerns about this change that might take place.

Wednesday, September 2nd @ 10:30am

Healthy Aging

There are steps we can take to thrive as we grow older. We cannot stop the aging process but can take important steps that will help. We call these the Four Pillars of Healthy Aging: Exercise, Healthy Diet, Active Mind, & Keeping a Positive Attitude. Let's Talk about how you can engage each of these pillars in your lifestyle.



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