



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, October 7th @ 10:30am
Friendships

It seemed easier to make friends when we were young - at school, at work, or in our neighborhoods. What about now? Let's Talk friendships at this time of life.

Wednesday, November 4th @ 10:30am
Thankfulness & Gratitude

Thanksgiving will soon be here. At this time in our lives, it is a way to focus on the positive. Perhaps it's time to think about what we can be thankful and some of the positives we might have forgotten. Let's Talk about what we are grateful for.

Wednesday, December 2nd @ 10:30am
Holiday Memories

We all hold memories of holidays past; some good and some not so good. What are your holidays like now? Do you ever get stressed or sad? Let's Talk about the way you approach the holidays.

Wednesday, January 6th @ 10:30am
The New Year

We have lived a full past and have an unknown future. What do you want from this new year? Is this a time to reflect? Is it time to learn new skills? A time to finish projects? A time to speak up? Let's Talk about this new year.



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