

## “Aging By the Book: A Reading Circle” to be offered at Alta Vista Library

“AGING BY THE BOOK” is a 6-week discussion group for people who love to read, and who are curious about being an older adulthood in today’s world. Growing old...being old... living a meaningful life as an older person: find out how various writers have tackled these aspects of human experience.

Readings include fiction, non-fiction, poetry, and memoir, drawing on works by Canadian and international writers. All readings are supplied by the program facilitators; participants don’t have to bring anything.

Each week participants explore how the writings connect to their own experiences as aging adults. Guided by volunteer facilitators, participants will find themselves discussing such topics as:

- New perspectives and new roles in society and in families
- Independence, dependence, and interdependence
- Solitude vs. loneliness
- Intergenerational relationships .... and much more.

“AGING BY THE BOOK” has been offered at branches of OPL since 2012. Past participants have found the discussions illuminating and stimulating. Current facilitators have been participants in earlier sessions of “Aging by the Book” (previously called “Reflections on Aging”). Facilitators strive to provide a safe and respectful environment for the weekly discussions.

***Registration is limited to 10 participants; no new registrants after the second session.***

Alta Vista

<https://bibliottawalibrary.ca/en/event/aging-book-reading-circle-6>.

Thursday Sep 19, 2019 at 10:15am / until Oct 24, 2019