

“Aging By the Book: A Reading Circle”

Ottawa Public Library, Beaverbrook Branch, 2500 Campeau

Fridays, Sep 14, 2018 - Oct 19, 2018, 10:30am

[Registration link](#)

“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:

- shifting perspectives: roles, ageism, invisibility, legacy
- balancing dependence, independence, and interdependence
- being alone, vs. loneliness
- family relationships, including love, and loss, and intergenerational interactions

“AGING BY THE BOOK” has been offered at branches of OPL since 2012. Past participants have found the discussions illuminating and stimulating. Current facilitators previously were program participants.

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