

CONSCIOUS AGING - Spring Term 2023
March 21 – May 23. Tuesdays, 1:00-3:00pm
Coordinators: Margy Powell and Susan Glogovac

COURSE DESCRIPTION

*“The older one gets, the more one feels that the present moment much be enjoyed;
It is a precious gift, comparable to a state of grace.” --Marie Curie*

In this class we will focus on recognizing the graces – indeed the gifts – that come with aging. Stories of the lives of Pathfinders will be the starting point for unpacking each gift. These stories plus the information that follows about the grace invite us to look inward, to reflect on our own life experiences, and to share what calls to our hearts. In the process, we each have the opportunity to (re)discover what brings us joy and explore intentions for conscious aging. The overall goal of this course, as Jason Elias notes, is to become “more present and aware as we go through the process of growing older and remain as fully alive as possible, trusting the journey into the unknown.”

BOOK

We will be using the book *The Seven Graces of Ageless Aging* by Jason Elias as our guide. This book will be discussed one chapter per class. Class members should read each chapter prior to class.

FORMAT

This class is based on discussions of life experiences stimulated by our chosen book. Class members are invited to collaborate in pairs to facilitate class sessions. It is expected that they will lead a discussion of the grace described in the chapter as well as lead a coordinated activity that further “cultivates the seeds of [the grace].” Each facilitation team is encouraged to create its own way of facilitating the class. There will be a sign up sheet and a separate handout offering detailed facilitation guidelines.

JOURNAL

You may find it helpful to keep a journal of your experiences in this class. Please bring your journal (or something to write on and with) to each class.

Breathe! Be creative! Enjoy!

CONSCIOUS AGING SYLLABUS

Week 1: March 21st

Prologue and Introduction to The Seven Graces of Ageless Aging

Week 2: March 28th

First Grace: Rewriting the Script – reframing what it means to grow old

Week 3: April 4th

Second Grace: Finding your tribe

Week 4: April 11th

Third Grace: Practicing mindfulness

Week 5: April 18th

Fourth Grace: Joy through simplicity

Week 6: April 25th

Fifth Grace: Pursuing your passion

Week 7: May 2nd

Sixth Grace: Moving your body

Week 8: May 9th

Seventh Grace: Nurturing the body

Week 9: May 16th

Epilogue & End Notes

Week 10: May 23rd

Social gathering - TBD