Two Locations and Times throughout 2014:

**Petaluma**
- 2nd Wednesday of each month
- 6:00-7:30 pm
- Petaluma Health Care District
- 1425 N. McDowell Blvd., Petaluma

**Santa Rosa**
- 3rd Tuesday of each month
- 6:00-7:30 pm
- ShareSpace
- 533 5th Street, Santa Rosa

**SESSION 1 – Longevity Planning: Beyond Ageism**
Jan 8 (Petaluma) / Jan 21 (Santa Rosa)

Explore internalized ageism and how this can affect our approach to aging and longevity planning;
Introduce workshop sessions with interactive discussion; present lifeline review exercise

Participants will be inspired to develop a personalized longevity plan by the end of 2014.

**SESSION 2 – Exploring Values**
Feb 12 (Petaluma) / Feb 18 (Santa Rosa)

Values: identify personal values, interests and strengths; clarify priorities for planning

Participants will recognize their current strengths/passions/values and how these may change as we age.

**SESSION 3 – Financial Concerns in Planning**
March 12 (Petaluma) / March 18 (Santa Rosa)

Finances: planning ahead; beliefs about money; how much is enough; strategies for living on what you have; insurance possibilities (ex. annuities, long term care); estate planning

Participants will gain an overview to help guide and carry out their own research, explore how to prioritize their own needs, and how to start the financial conversation with family members.

**SESSION 4 – Relationships: Interdependence and Change**
April 9 (Petaluma) / April 15 (Santa Rosa)

Relationships: moving from independence to interdependence; managing change and loss; intergenerational possibilities; expanding social connections (in-person & social media)

Participants will understand the dynamics of changing relationships as we age and be able to adjust to what is, while also creating new relationship possibilities.

**SESSION 5 – Self Care and Balance**
May 14 (Petaluma) / May 20 (Santa Rosa)

Balance/Self care: work, play, socializing and learning; care-giving and care-receiving

Participants will identify areas of interest to create personal balance, identify steps in the caregiving process and learn how to use support systems and resources to enhance quality of life and relationships.

**SESSION 6 – Housing and Living Arrangements**
June 11 (Petaluma) / June 17 (Santa Rosa)

Housing: reviews traditional housing solutions as we age, as well as identifies new opportunities – existing and to-be-created

Participants will explore a personal meaning of home and learn about traditional and non-traditional approaches to housing.
SESSION 7 – Aging Well: Exploring Resources for Well-Being
July 9 (Petaluma) / July 15 (Santa Rosa)
Well-being: physical, mental, and emotional aspects
Participants will identify existing inner resources and potential saboteurs and develop steps to optimize their vision of aging.

SESSION 8 – Work and Volunteerism
Aug 13 (Petaluma) / Aug 19 (Santa Rosa)
Work & Volunteerism: benefits and drawbacks of each; opportunities for employment at 50+; volunteer prospects
Participants will gain an overview and share ideas on how to research opportunities that match their needs, skills, and interests.

SESSION 9 – Legal Issues: Empowering Choices
Sept 10 (Petaluma) / Sept 16 (Santa Rosa)
Legalities and End of Life: legal aspects of aging; hospice and palliative care; ensuring you are in charge of your end-of-life decisions; working with parents before a crisis
Participants will gain a working knowledge of the types of legal documents needed as we age, gain understanding of the many choices surrounding end-of-life, prepare to begin making choices for themselves, and learn how to open the discussion with older family members.

SESSION 10 – Meaning, Purpose and Legacy
Oct 8 (Petaluma) / Oct 21 (Santa Rosa)
Meaning, Purpose & Legacy: ethical wills; understanding the creative process, and how to effectively redirect oneself
Participants will explore meaning in their lives, values they want to pass on, and the role creativity and redirection have in the later years.

SESSION 11 – Spiritual Living
Nov 12 (Petaluma) / Nov 18 (Santa Rosa)
Individuation, Solitude, Passion, Gerotranscendence, Spirituality
Participants will explore their passions, learn about the developmental tasks of older adulthood, and identify personal sources of spirituality.

SESSION 12 – Your Personal Longevity Plan: Review and Next Steps
Dec 10 (Petaluma) / Dec 16 (Santa Rosa)
Bringing it all together; where do we go from here?
Participants review the changes they have made over the course of 12 workshops and identify where they want to do further work, how they will do this, and with whom.

Participants are welcome to participate in any or all sessions.
A small donation of $3-5 per session is requested.
For more information, call (707) 525-0143 or email: information@councilonaging.com.

The Collaborative on Positive Aging, a project of the Council on Aging, has been formed to promote and support positive aging in Sonoma County.