

# Reflections on Elderhood

Seeing life from “both sides now”



**Tuesdays: January 28th, February 4th, 11th, 18th**

**10am-11am in the Fireplace Room**

*Conversations among residents, facilitated by resident Barrett Rudd*

Share your experiences of the aging process with your Broadmead peers:

What has been lost? What has been gained?

What have you learned? What are your thoughts about lies ahead?

What support can we provide for each other?

*Topics for discussion will be determined by the group.*

Participants should plan to attend all four sessions. Space is limited. If you would like to be a part of this four week discussion/support group, contact Elenor Reid at [elenorgreid@gmail.com](mailto:elenorgreid@gmail.com) or 860-463-0526.