

## **CLASS STARTING IN JANUARY, 2023**

### **Late Life Design**

*How do you want to spend the rest of your life? Create a design for living.*

Begin a new year with plans to grow and learn. Every year and decade in late life presents a new set of tasks, challenges, and joys. In four sessions we reflect on: our alone time; families and friendships; group connections; and what makes life meaningful. We will generate a rich array of ideas for you to create your own unique design for life. A workbook provides information and tools to guide you during class and use to continue adapting your design for living in the coming years.

#### **The workshop has four sessions**

**At the Olympia Senior Center:** 222 Columbia St NW, Olympia, WA

Days and Time: Every other Wednesday 1-3pm

**Dates: January 11<sup>th</sup>, 25<sup>th</sup>. February 8<sup>th</sup> and 22<sup>nd</sup>.**

**At the Virgil Clark Lacey Senior Center:** 6757 Pacific Ave SE, Lacey, WA

Days and Time: Every other Wednesday 1-3pm

**Dates: January 18<sup>th</sup>, February 1<sup>st</sup> and 15<sup>th</sup>. March 1<sup>st</sup>.**



#### **Instructor Bio**

Marty Worcester's long career is in gerontology and geriatrics with a special focus on growth and development in each decade after age 60. She continues her interest through assisting others in preparing for expected changes by offering workshops and consulting. You can learn more about her work and life by contacting her through her web site at <http://www.keystoaging-latelifedesign.com> or by calling or texting her at 206-915-6335

This is a **Senior Academy** workshop offered at both Olympia Senior Center and Lacey Senior Centers at different times.

You can register by calling 360-586-6181 or on-line by going to

[southsound seniors.org](http://southsound seniors.org) Go to **Events & Activities** Tab,

Choose **Senior Academy** from the Menu

Scroll down to find the course.

There is a place to register at the bottom.

**Fee:** General \$90.00. Senior Center Members \$60.00 (Scholarships are available)