



## **Looking for Seniors to share their personal history!**

***“Men do not quit playing because they grow old;  
they grow old because they quit playing.”*** Oliver Wendell Holmes

**Sages & Seekers** is a free 8-week intergenerational program designed to bring together teens and Seniors to share their unique gifts. In tribal cultures, the Elders have a vital and important role; they are the keepers of the memories and the wisdom. You, our Seniors, have so much to offer the world; your maturity and experience allows for a larger perspective of life from which the younger generations can learn. The goal of this program is to pair you with a local High School teen with whom you will meet once a week to share your life experiences. Past participants rave about the program!!!

**Your commitment** involves 8 (weekly) meetings:

Everyone has stories that are rich with wisdom. You may already know what you would like to share, or you may uncover past experiences while speaking with your student. Each week starts with an icebreaker to facilitate the conversations, so there is no pressure. All you need to do is share who you are, and your Seeker will weave your experiences into an essay honoring you. Many students say that in their fast paced lives of texting, tweeting and technology, they are relieved to have 60 minutes to have a real conversation with someone!

**The Presentation** on the 7<sup>th</sup> week is a celebration. The Seekers will read the essays they have written about their Sages. You are encouraged to bring guests to the Presentation, to share your experience.

***“It was such a rewarding use of my time! An entirely new  
experience – and I’m 88!” –Robert***

***“I was an athlete. I was a doctor. Now what am I? Participating in Sages &  
Seekers ...provided another opportunity I didn’t have, another outlet, another  
reason for being.” –Dick***

For more information or to enroll in this fascinating, fun and free program, **contact:**