



WISDOM

CAFÉS

Come share your wisdom! These cafés provide an opportunity to converse and connect with others in discussions of universal topics such as gratitude, legacy, happiness and what gives life meaning. Come for one session or more in a facilitated small group conversation. Connect with others, build community and enjoy our shared wisdom!
Registration requested.

Issaquah Library

Friday, March 17, 1:30pm: If Only...

Moving from Regret to Compassion

Friday, April 7, 1:30pm: True to Ourselves or Set in Our Ways?

Friday, May 5, 1:30pm: Who Knows You?

Maple Valley Library

Wednesday, February 15, 2pm: The Liberating Effect of Clearing Space: It's Not (All) About the 'Stuff'

Wednesday, March 15, 2pm: Life Purpose—We're Here for a Reason

Wednesday, April 19, 2pm: Staying Connected—Strategy for a Full Life

Providence Point

**(Clubhouse) 4135 Providence Point Drive SE,
Issaquah, WA 98029**

Wednesday, February 8, 1:30pm: The Surprises of Aging—Who Knew It Would Be Like This?

Wednesday, March 8, 1:30pm: Talking About What Scares Us

Wednesday, April 12, 1:30pm: Overcoming Limitations—Changing How We See Them

Wednesday, May 10, 1:30pm: Dreaming Our Future

Continued on reverse.

In partnership with:



Reasonable accommodation for individuals with disabilities is available; please contact the library prior to the event if you require accommodation.



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Redmond Library

Monday, March 27, 2pm: The Problem of Independence—Moving Toward Interdependence

Monday, April 24, 2pm: Who Knows You?

Monday, May 22, 2pm: Looking Forward—'Futuring' Realistically

Richmond Beach Library

Tuesday, February 21, 2pm: The Liberating Effect of Clearing Space: It's Not (All) About the 'Stuff'

Tuesday, March 21, 2pm: Dreaming Our Future

Tuesday, April 18, 2pm: Learning Across the Generations

Tuesday, May 23, 2pm: Calming Down—What's Stress Got to Do With It?

Tuesday, June 20, 2pm: The 'Creativity' Thing

Shoreline Library

Sunday, June 11, 2pm: Overcoming Limitations—Changing How We See Them

Sunday, July 9, 2pm: Calming Down—What's Stress Got to Do With It?

Sunday, August 6, 2pm: Rise and Shine

Sunday, September 3, 2pm: If Only... Moving from Regret to Compassion

Sunday, October 1, 2pm: Dreaming Our Future

Sunday, November 12, 2pm: Doctors Know Best—Or Do They?

Sunday, December 10, 2pm: Learning Across the Generations

Sno-Valley Senior Center

4610 Stephens Avenue Carnation, WA 98014

Tuesday, February 28, 10:15am: The Surprises of Aging—Who Knew It Would Be Like This?

Tuesday, March 28, 10:15am: Staying Connected—Strategy for a Full Life

Tuesday, April 25, 10:15am: Overcoming Limitations—Changing How We See Them

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