

Journey to the Third Age

San Francisco Sept. 7-Oct. 26, 2017

San Francisco Friends Meeting

65 Ninth St. San Francisco, Ca. 94105

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Learn to expand your vision of what you can accomplish during the next 30 years of your life. Clarify personal goals, learn community-building, develop an openness to the unlimited possibilities, learn important networking skills, and focus on activities and advocacy you are passionate about. It is primarily for persons looking ahead to retirement and/or who recently retired (within the past 10 years.) The class is very interactive and allows you to decide the areas on which you want to focus.

The first part will be about opening up to possibilities, exploring your true work, rest, play, and study, and developing your intuitive skills to assist in decision making before you embark on developing a plan. The second part provides you with practical guidance in making and implementing a plan for the near or long term, helps you understand how to look at a plan from its early development to one that has moderate or even high impact. You will assess your potential legacy or contribution to “make a difference in our world” by beginning with your passion and skills and developing them to further the contribution you have already made or to develop new contributions and skills. This workshop can be helpful in working with local and church communities, advocacy groups, social and educational groups. You will learn to make your Third Age meaningful, important, and valuable to you and the world you live in.

There will be eight sessions of three hours each Thursday from 6-9. We will use two books for this course: Nancy Schlossberg's *Retire Smart, Retire Happy, Finding your True Path in Life*, and Kathleen Dowling Singh's *The Grace in Aging*. You can borrow them from the library. Each of us will try new physical and emotional practices as part of the class.

We all have gifts. Research shows that people who plan for retirement are happier. How can we use our gifts well for ourselves, our families and our communities?

Weekly Themes

1. The Gift of Intention: Finding your passion

- Understand three attributes of successful aging
- Practices to uncover intentions
- Identify obstacles preventing us from uncovering their intentions
- Identify our true play, rest, study and work

2. The Gift of Attention: Building Relationships

- Understanding intuition—the knowing before words--and how we use it in our lives
- Moving beyond limitations and what the culture finds “acceptable”

- Understanding the importance of physical movement and visualization to intuition
- Sharing life experience with other participants
- Understanding of different perspectives and incorporating them in our lives

3. The Gift of EASE: Space for New Ideas and People

- Creating conditions for new ideas
- The river of our lives
- Identifying our “minyans”--circles of friends for having fun, for advice, and for support

4. The Gift of Joy: Finding Balance

- The role of ego in balance
- How balance can bring joy
- Examples of high levels of joy
- The roles of small changes and collaboration with others in creating big changes

5. The Gift of Curiosity and Using Intuition

- Living with change as a constant
- Our true nature and gift of curiosity
- Learning to use rational and intuitive minds together

6. Beginning of a Life Adventure

- Developing the first stages of a life plan
- amplify ideas about true play
- Identify an authentic need and create a project to deal with it
- develop beginning, intermediate, and/or advanced projects

7. Networking and Getting Good Work Done

- Identify ways to make new relationships
- Serving as consultants for each other
- Identify volunteer work possibilities

8. Presenting Plans

- Practice naming each other's gifts
- Present a poem or art or music or a legacy letter about our life plans
- Present a two minute speech about plans

-Future times to get together