

Aging Grace-fully

In general, we share the blessings, gifts, challenges, difficulties that each is experiencing at this stage of her life. There is a focus each time and we work with dreams, poetry, have some form of creative expression and have both large and small group discussions.

“In this group I am able to explore my hearts yearning to become a wise old woman and also my fears of the diminishment that comes with growing old.” - participant

We Look With Uncertainty

*We look with uncertainty
beyond the old choices for
clear-cut answers
to a softer, more permeable aliveness
which is every moment
at the brink of death;
for something new is being born in us
if we but let it.*

*We stand at a new doorway,
awaiting that which comes...
daring to be human creatures,
vulnerable to the beauty of existence.
Learning to love.*

-Anne Hillman

2018 Offerings

January 2nd

February 6th

March 6th

April 3th

May 1st

June 5th

*focus will be determined based on flow
and need the group*



Around the 1st Tuesday of the month

10:00 am to 1:00 pm

\$100 per group

Contact Ann at anndobbartin@gmail.com if
interested in joining us.

Usually 10-12 women who are 65 years
or older gather to support each other.