

GOLD COUNTRY SENIORS ALIVE *Exploring Positive Aging*

CURRENT CLASSES AND PROGRAMS FOR OLDER ADULTS (MARCH-DECEMBER 2010)

SPIRITUAL BRAIN FITNESS

Research is showing the value of movement, meditation, learning a new language and challenging yourself mentally for brain health. In addition, we know that exercise and social engagement improve well-being in older adults. Discover how you can nurture your spirit, remain healthy, vital, positive and more likely to have a happy later life through these classes. All are welcome. Come to any or all sessions!

Currently Scheduled:

When: Third Mondays, Feb.-May, Sept.-Dec. 2010, except Tuesday, April 20

Time: 11-1 p.m.

Where: Grace United Methodist Church, 3600 S. Walton Ave., Yuba City, CA

Phone: Rosemary Landry, (530-673-7832) or email judithpm@theunion.net

Designed and presented by: Rev. Dr. Judith Pruess-Mellow

Each session includes worship, labyrinth walk, expert research on the aging brain and discussion/practice of Brain Fitness - Nutrition, Exercise, Humor, Spirituality, Meditation, Stress Management; Memory--Strategies for enhancing using all the senses; the Arts-- Music, identifying pitch, clapping rhythms, playing instruments, singing, Creativity, Movement; Spiritual brain boosts--Games and exercises; Action plans for follow-up; annotated bibliography, including websites.

CAPTURING LIFE STORIES: JOURNALING & MEMOIR-WRITING

Explore various kinds of journaling to discover the positives of aging; receive guidance in reflecting on your life story. Follow-up sessions offered on twelve Thursdays following except for June 17, 4-5:30 p.m., no cost.

Currently Scheduled:

Date: Saturday, May 1, 2010

Time: 10-11:30 a.m.

Place: Nevada City Library, 980 Helling Way, Nevada City

Contact: Administration, (530) 265-1407 to reserve your space

Sponsor: Friends of the Nevada County Library

Teacher: Judith Pruess-Mellow, Ph.D., M.Div. Founding Director, Senior New Ways, and Co-owner, Gold Country Seniors Alive. Judith has been teaching journaling since 1972, and she is co-author of a booklet, *Listening to Legacies*. She hosts the Nevada County TV program, 'Seniors Alive'. She has published numerous articles and workshop booklets since 1976. A Nevada County homeowner since 1978, she is thrilled to be semi-retired and no longer commuting to the Bay Area. Reservations are encouraged, so we will have enough handouts.

All are welcome May 1. No cost. Refreshments will be served. There will also be follow-up sessions on Creativity and Journaling on the twelve Thursdays after May 1,

excluding June 17, 4-5:30 p.m. at the Library. The follow-up sessions are offered through Gold Country Seniors Alive.

CREATIVITY AND SPIRITUALITY IN LATER LIFE

Later life can be a time for creativity and self-discovery, a time to challenge oneself, explore hidden potential and explore personal inspiration and vision. *Creativity and Spirituality in Later Life* is a three-session, interactive course from Senior New Ways, a local non-profit agency offering innovative programs on healthy, active aging for older adults and their family members.

- **Creativity and Aging** - Drawing on Dr. Gene Cohen's model of later life growth and engagement, you'll learn how to connect with your artistic, inventive and intellectual sides through your "inner creative voice."
- **Exploring Your Creativity** - Continue exploring and defining your unique creative side using Julia Cameron's The Artist's Way approach, focusing on social interaction and support through the creative process.
- **Aging and Spirituality** - Spiritual and creative balance is essential for healthy, happy later life. In this class you'll practice moving meditation and sign chi do, promoting calmness, insight and a strong center for continued creativity.

Currently Scheduled:

Dates: October 7, 14, 21, 2010

Time: 5:30 p.m. – 7:00 p.m.

Location: Wellness Center at Sierra Nevada Memorial Hospital

Cost: \$20.00 for three sessions

Teacher: Rev. Dr. Judith Pruess-Mellow

CURRENT CLASSES AND PROGRAMS FOR MIDLIFE INDIVIDUALS OR ALL AGE GROUPS (MARCH – DECEMBER 2010)

LISTENING TO LEGACIES

This program of the Older Adult Ministry Council of the United Methodist Church of the California-Nevada Conference, described on its website (www.calnevumc.org) will be offered at Grass Valley UMC in April. Other Conference churches offering it soon are San Leandro and Castro Valley UMCs.

More information is available by contacting Judith Pruess-Mellow at judithpm@theunion.net. All Conference churches received one booklet describing the program in January.

FRIENDLY VISITOR TRAINING

For anyone interested in visiting homebound persons on a continuing basis. Learn:

- why visiting is important
- how to do it with practice

Visiting is an informal sort of giving in which visitors reach out to homebound in the community, get acquainted with them and listen to their stories. It is a type of caring in which the visitor is a source of comfort and friendliness and sharer of community life, while the visatee shares hopes, joys and hurts. Visatees are either homebound persons or those in assisted living or skilled nursing who may not get out much. Visitors are persons of all ages

who visit the homebound on a regular basis and are folks who enjoy talking with people and are looking for a way to serve their community and have some fun.

This workshop will discuss philosophy, tips, and involve listening practice. It will also cover the creation, coordination, and administration of a Visitor program. A booklet, based on the Senior New Ways Friendly Visitor training booklet, will be included in the training.

Currently Scheduled:

When: Wednesday, April 21, 2010

Time: 11 a.m. – 12 noon

Where: FREED Center for Independent Living, Nevada City

Teacher: Rev. Dr. Judith Pruess-Mellow

RSVP: (530) 274-8574

CREATING YOUR SPIRITUAL LEGACY: THE MELLOW APPROACH

Join Rev. Dr. Judith Pruess-Mellow for an exceptional Women's Retreat. Explore and claim your own life legacy through journaling, small group sharing, creative arts, moving meditations, music and prayer.

The cost for the retreat is \$90 including meals (lodging is separate).

When: Sunday, Oct. 3, 1:30 p.m. to Tuesday, Oct. 5, 12 noon

Where: Grace UMC, 3600 S. Walton Ave., Yuba City (about five miles south of town). Overnight accommodations are nearby at the Palisade Hotel (965 Gray Ave., Yuba City, (530) 790-7066). Make your own room arrangements at the hotel (\$57 per night for one or two, plus tax). We can assist in room-sharing matches.

Reservations for the retreat are due by September 1.

Call Judith Pruess-Mellow, (650) 823-0559 (cell), or judithpm@theunion.net, for reservations and information.

Seniors Alive! - a new television program exploring positive aging and other issues of interest to seniors and mid-life individuals.

Hosted by Dr. Judith Pruess-Mellow and broadcast on Tuesdays at 8:00 p.m. and Sundays at 10:30 a.m. on NCTV in Nevada County.