

the



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SCHEDULE OF EVENTS 2021

ADAPTING TO A NEW AGE

May 18th @ 10 am

Life is full of change. As we age, we encounter many ups and downs. Limitations and expectations. We will explore how you can adapt to these changes and discuss the benefits of aging with a great support system and resources. It's another wonderful season to enjoy!

REMEMBER WHEN

June 15th @ 10 am

What is a rotary phone? How did you listen to music and stay in touch back in the day? What was one of your favorite past times? This is show and tell time! We want you to bring something to share from the past. Do you have an old phone or 8 track player? Do you have something that you think will stump us? We'll play "What is it?" and share some memories.

CELEBRATE AMERICA - A TRIBUTE TO VETERANS

July 20th @ 10 am

Our Veterans have given us so much. They fight for our life, liberty, justice, and freedoms. Join us as we offer a tribute to those who served and continue to serve and as we celebrate America!

LEAVING A LEGACY - WHAT IS YOUR STORY?

Aug. 17th @ 10 am

What do you want people to say about you? What story is your life writing that will be left for generations to come? These are deep questions to ponder about what kind of legacy your life will leave. Here are 10 ways to help us define legacy.

NEVER STOP LEARNING

Sept. 14th @ 10 am

Life often shifts between feeling like you have it all figured out to like you know nothing at all. There are always challenges. Fortunately, every experience (whether good or bad) ends up teaching you something. The beauty of life is that there are always opportunities to learn - no matter what your age. Embrace the power of continuing education.

SEASONS OF LIFE

Oct. 20th @ 10 am

Every time a change occurs in your life, you embark on a transitional journey. Imagine in any given transition, you move from Summer - a time when all is going well in your life - through Fall, Winter, Spring up to a new level of Summer. Whether you are in the middle of a life transition or experiencing a loss, it's likely you are feeling overwhelmed and confused. Understanding where you are on your journey, where to direct your energy, and how you are likely to feel in each season can be reassuring. Walk with us as we all learn and share in the seasons of life.

FOR MORE INFO CALL 316.554.4730

Visit us @ www.thejoycontinuum.com

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SCHEDULE OF EVENTS 2021 - continued

THANKFULLNESS

Nov. 16th @ 10 am

Being thankful is one of the most rewarding activities you can possibly do. It helps us feel good and it can help us through challenging situations. There is one obstacle of gratitude. Us. We grow used to our many blessings and we start taking them for granted without realizing that they truly are blessings. Find out more about the importance of being grateful and why giving gratitude completes the circle of receiving.

CHRISTMAS TRADITIONS -

LESSONS LEARNED FROM CLARK GRISWOLD

Dec. 14th @ 10 am

I think Clark's right. We have forgotten how to have a fun, old fashioned family Christmas. But, what does that actually mean? Do we even know what that looks like anymore? There are more fun family traditions floating around on Pinterest than one family could ever possibly squeeze in during the 25-28 days of Christmas prep time. More traditions and activities does not a better Christmas make. There is no golden trophy for the mom who squeezes in the most festive fun in the shortest amount of time. What really and truly matters to you? Share your favorite family traditions.

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