



STRENGTH FOR OUR JOURNEY SERIES

COMMUNITY CAFÉS FOR ACTIVE OLDER ADULTS

The YMCA Community Cafés bring together those who are 55+ to build health in spirit, mind, and body so that no one is stuck and alone during this pandemic season, but rather thriving with greater purpose, connection and well-being.



WHAT TO EXPECT

Each Café is an hour-long zoom call starting with a large group time of welcome. The next 15 minutes is spent with an expert talking about the designated subject for the day, followed by a 20-minute reflective dialogue in small groups about the subject. Everyone is invited to listen and contribute as they feel comfortable. The large group gathers back the last 5 minutes for a note of encouragement.

CONTACT US:

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- **SEPTEMBER 22 | 1-2 PM: PERSPECTIVE**
Building resiliency by adopting a perspective of gratitude and defining a list of "can do's"
Register: <https://bit.ly/3iqKFFJ>
- **SEPTEMBER 29 | 1-2 PM: PRACTICES**
Building resiliency by adopting the practice of learning and spirituality
Register: <https://bit.ly/2Rj1DKk>
- **OCTOBER 6 | 1-2 PM: PLAYBOOK**
Building resiliency by prioritizing self-care and living with intention
Register: <https://bit.ly/2FphdBw>