



CENTER FOR BIOGRAPHY & SOCIAL ART

Eldering as an Improvisational Journey

from The Messenger by Mary Oliver

... Are my boots old? Is my coat torn?

*Am I no longer young, and still not
half-perfect? Let me*

*keep my mind on what matters,
which is my work,*

*which is mostly standing still and
learning to be astonished. ...*

*I think of old age as being a time like
the others. It has its revelations of its
own that you can't come to any other
way... I accept it with a certain amount
of curiosity.*

W. S. Merwin



Evening & A Day Eldering Workshop

Green Meadow Waldorf School, Spring Valley, NY

Friday, April 5, 7:30pm–9pm \$15 for Friday night only

Saturday, April 6, 9:30am–4:30pm \$95 for both days

Can we approach growing older without dread of the future or the desire to cling to earlier ways of defining ourselves? Are there essential human qualities that only come alive through the process of aging?

This workshop will use biography and social art exercises to bring to light the events and patterns in our earlier life phases to help us discover imaginations for our later years. Can we step toward an unknown reality with interest and inner strength? We will review our learning over the years, reflect on our relationship to aging and explore what we still hope to do with our remaining time on earth.

Kathleen Bowen, Jennifer Brooks Quinn, and Signe Schaefer have all been active in developing biography and social art work for many years.

REGISTER by March 29th

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www.BiographySocialArt.org