Green Valley EC
Restarts October 23

Have you ever asked yourself:
"How do I turn aging into the most meaningful time of my life?"
"Where can I go to talk deeply about the meaning of life and of my life?"

Then make time to visit the Green Valley Elder Circle, which is returning from summer hiatus with a new facilitator, Susan Hill. Susan, who has long experience with Circles facilitation, succeeds Ellen March, the thoughtful and creative leader of the Circle for many years. Ellen decided this summer to pass the torch to a new facilitator.

Open to anyone, especially those in Green Valley/Sahuarita, the Circle meets on the 4th Tuesday of each month. Please join us!
of each month from 10:30-11:30 am, beginning Oct. 23. It is in the same location, Posada Life Community Services, 780 S. Park Centre Ave (first left turn after entering the La Posada campus). See you there!

Elder Circle Blog

**Inspiration: When You’ve Got It & When You Don't**

Inspiration, inspire, or inspired may refer to artistic inspiration, biblical inspiration, creative inspiration and the act of inhalation.

What does it mean to you? And where does it come from? How do you capture it when you lose it?

At several recent Elder Circles this month, we explored the richness of inspiration as a topic of conversation. Elder Circle is a place where conversations about ideas such as this result in some fascinating insights. First we realize each person has their own unique definition and explanation of what it means to them. Our guidelines for conversation include "listen with attention" and "speak with intention." These acts tend to set the stage for a special kind of sharing. And as the conversation deepens we discover similarities and thereby get to know one another in a more intimate manner. As we explore the topic, we share our stories working hard on the program, which will feature two presenters (to be announced next month).

ECAG welcomes help, especially in securing sponsors to help cover the costs of the event.

If you know of a sponsor who would like to support this vibrant, well-attended annual event that brings together elders from across Pima County, please let us know!

Contact Chris Medvescek at cmedvescek@ourfamilyservices.org

Thank you and meanwhile, mark your calendar as "busy" on the morning of Jan. 25, 2019.

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**Oro Valley**

Oro Valley Public Library
1305 W. Naranja Dr.
Second Wednesdays
Oct. 10, 10:00 am

**North Tucson**

St. Francis in the Foothills
4625 E. River Rd. (at Swan)
Second Fridays
Oct 12, 10:00 am

**Ellie Towne Flowing Wells Community Center**
1660 W. Ruthrauff Rd (Wetmore & Romero)
Third Wednesdays
Oct. 17, 10:30 am

**Amber Lights**
6231 N. Montebella (near NW Medical Center)
Fourth Tuesdays
Oct. 23, 3:00 pm

**Central Tucson**

Jewish Community Center
3800 E. River Rd. (at Dodge)
First Sundays
Oct. 7, Nov. 4, 1:00 pm

**LGBTQI Elder Circle**
Cornerstone Fellowship
with others and begin to develop rapport.

Many related to the dictionary definitions provided above. When you realize you receive as much inspiration as another by citing cloud gazing as an inspirational act, there is a connection. I connect with others who turn to poetry or mystical writings to find inspiration when they are feeling dry. Other inspirational acts include exercise, being in nature, meditation and often, just doing nothing.

Some of the antonyms include: dull, fixed, immobile, unaffecting and permanent. And that brought up comments about when we lack the motivation to follow through on what has inspired us. Regrets were felt by some, and acknowledged. That sense of being immobile, or dull did not set well. However, being able to share those feelings and realize that sometimes we do act on what has inspired us. We can be inspiring when we influence others or suggest opinions in a way that moves someone else to take action. We need to know ourselves well enough to know our strengths and values that allow us to further the action. And when to let go, as we realize being is as important as doing.

So what does inspiration mean to you and where does it come from? Such an abstract concept, but everyone knows what I'm talking about when I pose the question. What inspiration means to me is basically about the

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**East Tucson**

**Udall Senior Center**
7200 E. Tanque Verde
Second Mondays
Oct. 8, 1:00 pm

**Sierra Del Sol Senior Living**
8151 E. Speedway
Second Wednesdays
Oct. 10, 11 am

**Green Valley**

**Casa Community Center**
780 S. Park Centre Ave.
Fourth Tuesdays
Oct. 23, 10:30 am


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**Blog Author Deb Knox**

Among her many projects, Deb facilitates the Elder Circle that meets at St. Francis in the Foothills on the 2nd Friday of the month. Deb also is a member of the Elder Circles Advisory Council.
connection and the connectivity that occurs and sets me on fire or draws me into silence and gratitude.

At Elder Circle, we discover a place where we can connect with ourselves and others over shared interests. That's what I love about Elder Circle - they simply inspire me.

~ Deb Knox