

“Old age is not a defeat, but a victory, not a punishment but a privilege. The test of a people is how it behaves toward the old . . . man’s potential for change and growth is much greater than we are willing to admit and old age (can) be regarded not as the age of stagnation but as the age of opportunities for inner growth.”

– Abraham Joshua Heschel

## Wise Aging

Living with JOY, RESILIENCE, & SPIRIT



Rabbi Rachel Cowan  
&  
Dr. Linda Thal

## We are proud to bring **WISE AGING** to our community!

Explore the tools and resources to age wisely through the lens of Jewish wisdom. Learn positive ways to navigate the transition to your next chapter on life's journey and find meaning and joy in a post-retirement identity.

*Based on the book, “Wise Aging”, by Rabbi Rachel Cowan and Dr. Linda Thal, and with trained facilitators, this series of interactive discussions offers opportunities for meaningful conversations.*

### Prior participant comments:

*“I looked at my legacy and life with new eyes and it gives me a source of pleasure”;*

*“I see myself as a contributor, as a whole person”*

*“We’ve know each other for 25 years, but not like this.”*

## Wise Aging groups are forming now in the West Valley, facilitated by Rabbi Tracee Rosen.

Introductory four sessions will be held bi-weekly from November 3 through December 15. If the participants want, the group will continue meeting throughout the year. (This group is designed for full-year residents. If you are interested in forming a group for “snow birds,” please contact Rabbi Rosen directly).

**Dates:** November 3, 17, December 1, 15 (First and third Fridays of the month), 10:30 am - 12:00 pm

**Cost:** \$60 for four sessions. Participants must also purchase the *Wise Aging* book (shown above) ahead of the first meeting.

**Open to:** Anyone 50-90 years old

**Location:** Private home

For more information, contact Rabbi Tracee Rosen at [rabbitracee@gmail.com](mailto:rabbitracee@gmail.com) or register on-line at [www.bjephoenix.org](http://www.bjephoenix.org)

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