

Milestones Group 2023-2024 Topics

September – Retirement Living – Being closer to death, what is on my bucket list?

October – Attitude and Aging – Doing what makes me happy now.

November – Moving through our Lives – We need each other.

December – Not Dead Yet! – Can I still make a difference to others in this life?

January – Cancelled due to illness

February – Reflections and Intentions – What new way will try in the new year?

March – Facing Limitations & choosing happiness

April - Facing the Fact of Death

May - Planning & Making decisions for the final years

June – Staying Connected to Community