

## Milestones Circle 2024-2025 Topics

August 25, 2024 – Volunteering work in our precious time

September 22, 2024 – Maintaining sanity during the political season. General mental health issues

October 27, 2024 – Finding and joining in activities to keep oneself centered and grounded.

November 24, 2024 –Why consider changing your living situations. Living well while living alone

December 22, 2024 –What we are thankful for and why

January 26, 2025 – Do we need to find a new purpose in our life? How to do that?

February 23, 2025– Share how you came to your beliefs/belief system

March 23, 2025 – Developing the practice of listening. Building our relationships (human and fur friends)

April 27, 2025 –What would you want said about you after your passing? What might you want engraved on your tombstone?

May 25, 2025- Choosing happiness – in a youth oriented culture, and/or as we face unexpected changes and challenges.

June 22, 2025 – Brainstorming topics for the 2025-2026 program year