LLI is pleased to announce, free to all members, a Five Part Series in December on

**POSITIVE AGING**

Featuring a screening of the documentary & talkback with filmmaker, Sky Bergman:

**LIVES WELL LIVED**

Celebrating the Secrets, Wit and Wisdom of Age

Click here to watch Trailer:

[https://vimeo.com/132338363](https://vimeo.com/132338363)

“Lives Well Lived” is the film we’ve all been waiting for: a vision of positive aging not based on ‘happy talk’ but on the lives of real people and their struggles and triumphs. It’s a film you will never forget.”  
- Harry R Moody PhD. Retired Vice President for Academic Affairs, AARP

“Lives Well Lived” is an uplifting celebration of the aging journey. It is a powerful manifesto on human capital and possibility. This is a film for all who intend to live life to the fullest. “
- Roger Landry MD MPH Author,

Sky Bergman with her 103 year old Grandmother, Evelyn Ricciuti

Lives Well Lived celebrates the incredible wit, wisdom and experiences of adults aged 75 to 100 years old. Through their intimate memories and inspiring personal histories encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life. These men and women open the vault on their journey into old age through family histories, personal triumph and tragedies, loves and losses - seeing the best and worst of humanity along the way. Their stories will make you laugh, perhaps cry, but mostly inspire you.
Your series host will be Sandi Sacks, LMSW, a licensed social worker who has specialized in the field of aging for over 40 years. Her experience runs the gamut from program development, bereavement counseling, administration and facilitation of educational/recreational activities and support groups in age 50+ Communities.

Session 1: Wednesday, December 2 11:00-12:30. Setting the Stage
We will examine our own and other’s biases about aging and will ponder some of the same questions that were asked of the older adults in the acclaimed Documentary, “Lives Well Lived”.

What is your definition of a life well lived? What is your secret for a happy life? Have you ever experienced ageism?

All members will have access to watch the film at home on their computers during the 3 days prior to the December 9 - 1:00 meeting with the filmmaker.

Session 2: Wednesday, December 9 1:00-2:15. Meet the Filmmaker
Sky Bergman, is an accomplished, award-winning photographer. Lives Well Lived is Sky’s directorial debut. She is currently a Professor of Photography and Video at Cal Poly State University. Sky will share her background, motivation and experience in making this film.

Discussion Questions: In what ways did the film either confirm or dispel any stereotypes you have about older people? What lessons did you take away from this film and do you think you will use the advice?

Session 3: Wednesday, December 16 11:00-12:15. Power of Mindfulness and Movement on Well Being
June Bird, an LLI favorite teacher will give a sampling of her program. June earned a master’s degree in dance and has been teaching it for more than 30 years. June teaches Seated Exercise on Zoom and Essentrics on site at LLI and will discuss and demonstrate the great benefits to maintaining better health and wellness through movement.

Cathy Diamond, a member of the LLI Curriculum Committee and Zoom Training Team will discuss Mindfulness, a subject she became interested in after reading articles about the benefits of this practice and how it was being used with everything from patients to help control pain, companies to improve productivity, and a California police force to help diffuse situations. She did further research with the intention of bringing mindfulness into her daily life. Cathy will share what she has learned.

Session 4: Wednesday, December 23 11:00-12:15. Joys of Creativity – A Shared Circle
Is there something you are involved with that puts you in “the zone”, which is a vehicle for “self-expression”, and “calms” and/or "energizes" you? - Some find these experiences through their love of music, crafting, visual arts, acting, writing or reading, decorating, carpentry, jewelry making, gardening, cooking, poetry, storytelling and more. During the time of retirement and now Covid, many have had more time to indulge in these endeavors or consider what to do with their extra time at home. Come prepared to share your creative pursuits and/or to be inspired by others- If you send photos of your work via email, we will screen share photos of your work on the call for all to see. We hope to feature some of our “familiar faces” and their creative pursuits!

Session 5: Wednesday, December 30 11:00-12:15. The Benefits and Limitations of Looking in all Directions: Past, Present and Future
In advance of this meeting, members will be asked to prepare a Bio Poem which will be optional to complete and share. The template will be sent well in advance of this final meeting and will act as both a tool and catalyst for discussion of this issue.