

## **FREE CLASS STAYING ENGAGED FOR A LIFETIME**

This course is bound to help participants appreciate aging as an unprecedented time of personal enrichment by finding new ways to age positively as social relationships change. Discover free and low-cost opportunities for intellectual, social and physical activities in and around San Francisco. Learn what research, practice and our daily lives have contributed to our understanding of our changing relationships, roles and activities in later life. Some of the topics covered include creativity, intergenerational activities, community resources, friendship, civic engagement, the “digital divide”, intimacy, life review, caregiving, and humor as it relates to aging.

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**WHEN:**            **Wednesdays, January 18 - May 23, 2012**  
**1:30-3:30 PM**  
(No class March 28)

**WHERE:**         **San Francisco Public Library-Presidio Branch**  
3150 Sacramento Street 94115  
Accessible by several MUNI and Bart lines

**COST:**            **FREE - Join us anytime!**

**To ENROLL:** Simply attend the class, and fill out a registration form on site. If you would like additional information please contact Hope Levy at 415.931.8679 or hopelevy@yahoo.com, or the Older Adults Department at 415.920.6021.

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The instructor, Hope Levy has over twenty years teaching experience, and is formerly the Acting Chairperson of the Older Adults Department at City College of San Francisco. She holds an MA in Gerontology and an MA in Special Education from San Francisco State University. Through her work, Hope promotes positive aging through her passion for lifelong learning.

The Older Adults Department of City College San Francisco sponsors this class in partnership with the San Francisco Public Library. The Older Adults Department offers classes designed for adult 55 years or better. though all are welcome to attend.