



A program of the Grand Rapids Community College
Older Learner Center in cooperation with Leadership Grand Rapids

Senior Leadership Grand Rapids - 2003 Program

You have a lifetime of experience, skills and talents to share. But have you thought about how you could put these valuable assets to good use beyond your family circle—how to invest them in your community? Perhaps you'd like to learn more about your leadership style and how best to develop it. Senior Leadership Grand Rapids programs and activities are for people like you who want to make a lasting contribution to the community! Come join a group of your peers for a good time, and challenging life experience.

Senior Leadership Grand Rapids 2003 Presents ...

Seniors: Sharing and Caring

(New Workshop Offering)

Seniors have a lifetime of experience, skills and talents to share. This workshop is for seniors who want to learn how to put these valuable assets to good use beyond their family circle by investing them in the community. Participants will hear motivational presentations by community leaders and learn about a variety of valuable inner-city community resources and volunteer opportunities.

- When: Wednesday, August 20, 2003
8:30am to 12:30pm
- Where: GRCC Learning Corner @ Wealthy
1154 Wealthy SE, Grand Rapids MI 49503
- Cost: No Charge (materials, parking, and continental breakfast provided)
- Sponsors: Sponsorship and support provided by the Area Agency on Aging of Western Michigan, WOOD TV 8, the GRCC Learning Corner, and lead media sponsorship provided by Advance Newspapers.

Transitioning, from the World of Employment, to the World of Increased Potentialities

(New Workshop Offering)

Retirement is a role-less role, but one in which one can be productive, involved, and at the same time have the leisure one desires. There is a mistaken idea that retirement is the end of having goals. This session will be about how one can cross the bridge to retirement and in the process fulfill one's potentialities by developing new goals and new perspectives.

- When: Thursday, September 18, 2003
8:30 a.m. to 12:30 p.m.
- Where: GRCC Applied Technology Center
Banquet Rooms 120 and 122
151 Fountain Street NE, Grand Rapids MI 49503

Cost: \$10 (includes workshop materials, parking, and continental breakfast)
Sponsors: Sponsorship and support provided by the Area Agency on Aging of Western Michigan, and WOOD TV 8, with lead media sponsorship provided by Advance Newspapers.

Stress Management

(New Workshop Offering)

Stress is a natural part of life but how we manage it can determine whether it is healthy or unhealthy. There are a number of things that contribute stress in our lives, some of them within our control and some of them, such as life changes, that we are usually unable to control. Participants in this workshop will learn about positive and negative ways of dealing with stress, how our bodies react to stress, when stress is good for us, and when it can be unhealthy. They will use some self-assessment tools to determine their own current level of stress and their major stressors. Finally, they will learn some healthy ways to decrease the harmful stress in their lives.

When: September 30, 2003
8:30 a.m. to 12:30 p.m.
Where: GRCC Applied Technology Center
Banquet Rooms 118 and 120
151 Fountain Street NE, Grand Rapids MI 49503
Cost: \$10 (includes workshop materials, parking, and continental breakfast)
Sponsors: Sponsorship and support provided by the Area Agency on Aging of Western Michigan, and WOOD TV 8, with lead media sponsorship provided by Advance Newspapers.

Community Resource Senior Volunteer Fair

(Second Annual)

Please join us and learn more about available community resources and leadership volunteer opportunities. This Fair will bring together, in one location, as many as 40 different community organizations. This is a great opportunity to learn about community resources and meaningful volunteer opportunities for area seniors.

When: Wednesday, October 29, 2003
8:30 a.m. to 12:30 p.m.
Where: GRCC Leslie E. Tassell M-TEC Center
622 Godfrey SW, Grand Rapids MI 49503
Cost: No Charge - All are welcome to attend (easy access parking provided)
Sponsors: Sponsorship and support provided by the Area Agency on Aging of Western Michigan, WOOD TV 8, Advocates for Senior Issues, RSVP, and lead media sponsorship provided by Advance Newspapers.

For more information on Senior Leadership Grand Rapids programs and activities contact Program Director, Mike Faber at (616) 234-3483.