

AGEISM: BUT WHAT ABOUT...?

Begin with the activity Ageists Anonymous. Then open the meeting for questions. Invite group members to ask any question of the guests.

Suggestions:

- Was it a shock to grow old?
- When did you notice you were older?
- How do you regard your teenage years? Do they seem far away

- or close? How relevant to your life do they seem now?
- How is the world different from when you were a teen?
- Do you like the life you've led? Do you like the life you're leading now?
- How important is your faith to you? How big a part of your life is God? How has your relationship to God changed?
- What are the toughest lessons you've learned in life?
- How have your values changed as you've grown?

AGEISTS ANONYMOUS

Before the meeting invite two or more elderly members of your parish to join your group for this discussion. Ask these **guests** to prepare a few remarks about aging, for example:

- What has surprised you about aging?
- What are the special benefits of age? special challenges?

In your meeting, distribute **construction paper** and **markers** and ask all participants to create name tags for themselves that include two or three small drawings that reflect their special interests. Then go around the circle introducing yourselves, explaining the drawings on the tags. Ask the senior guests to share their observations about aging, prepared beforehand.