



MIDLIFE DISCIPLESHIP TOPICS

Third Saturday of every month from 9 – 10:30 am in the Cafe

*Revised Dates

2024

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| APRIL 20 Kickoff Orientation | MAY 18 Cultivating Friendships | JUNE 15 Handling Conflicts |
| JULY 20 Hobbies and Leisure | AUGUST 17 Career Development | SEPTEMBER 21 Residential Options |
| OCTOBER 19 Service Opportunities | NOVEMBER 16 Family Relationships | DECEMBER 14* Finding Contentment |

2025

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| JANUARY 18 Personal Finances | FEBRUARY 15 Changes/Challenges of Aging Bodies |
| MARCH 15 Mental Health | APRIL 12* Nurturing Spiritual Health |