

# Aging with *Grace*

A discussion group focused  
on aging with a disability.

Enjoy your time and share  
a learning experience  
with your peers.



**ABILITY360**<sup>TM</sup>  
5025 E. Washington St.  
Phoenix, AZ 85034

Schedule for 2021, typically the  
**first Monday of  
each month**



**10:00 am - 11:30 am**

**JAN  
11**

**New Year New You!**

**FEB  
1**

**Healthy Stress**

**MAR  
1**

**Impact of Colors**

**APR  
5**

**Don't be a Fool - Scams and Fraud**

**MAY  
3**

**Panel of Aging Experts**

**JUN  
7**

**Summertime Salad with Chef Steve**

**JUL  
12**

**What Freedom Means to Me**

**AUG  
2**

**Body Positive**

**SEP  
13**

**Family History**

**OCT  
4**

**See the World - Get Outdoors**

**NOV  
1**

**Gratitude as Your Continuous Attitude**

**DEC  
6**

**Celebrate Life**

To register, request accommodations  
or for more information contact

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**602-296-0536**

**Or visit our website:**

**[ability360.org/aging-with-grace](https://ability360.org/aging-with-grace)**



To accommodate those with allergies, breathing conditions  
or multiple chemical sensitivities, please do not smoke or  
wear scented products while attending.