

Live, Learn, Grow

A weekly support circle for older women in South Florida, nurturing mind, body, spirit, and community.

Our Mission: To create a warm space where older people can share, connect, and thrive together—reducing loneliness, building resilience, and celebrating life at every stage.

How to Use This Calendar

- Bring your open heart, your wisdom, and your voice.
- Each session invites sharing, learning, and laughter.
- Bring a journal, a cup of tea, and an open heart.
- Together, we nurture well-being and connection in a safe space—one week at a time.

 **Together, we Live, Learn, Grow.**

2026 Program Calendar

Each month keeps its **theme**, and each topic is color-coded by focus area:

 **Mental Well-Being**  **Physical Well-Being**  **Spiritual Well-Being**  **Social Connection**  **Enrichment & Creativity**

 January – New Beginnings	 February – Heart & Connection	 March – Strength & Renewal
<p> <i>January 5 - Fresh Starts: Embracing Change with Grace</i>  <i>January 12- Mind Over Mood: Cultivating a Peaceful Mind</i>  <i>January 19- Healthy Habits for a Vibrant New Year</i>  <i>January 26- Celebrating Life Milestones and Personal Wins Together</i></p>	<p> <i>February 2- Love Yourself First: The Art of Self-Compassion</i>  <i>February 9- Friendship Circles: Building Bonds in Later Life</i>  <i>February 16 - Creative Joy: Expressing Yourself through Art & Music</i>  <i>February 23 - The Joy of Giving and Receiving Love</i></p>	<p> <i>March 2- Moments of Calm: Simple Meditation for Busy Minds</i>  <i>March 9- Nourishing Foods, Nourishing Souls</i>  <i>March 16- Letting Go: Spring Cleaning for the Heart</i>  <i>March 23- Finding Purpose and Meaning Each Day</i>  <i>March 30-Holistic Self-Care: Mind, Body & Spirit in Harmony</i></p>

 April – Mindful Living	 May – Celebrating Life & Legacy	 June – Summer Connections
<p> <i>April 6- Mindfulness for Worry and Stress Relief</i>  <i>April 13- Resilience: Bouncing Back from Life's Challenges</i>  <i>April 20- Restful Nights: The Connection Between Sleep & Wellbeing</i>  <i>April 27- Finding Joy in Everyday Moments</i></p>	<p> <i>May 4- The Beauty of Storytelling: Sharing Our Journeys</i>  <i>May 11- Legacy of Love: What We Pass On</i>  <i>May 18- Milestones & Memories: Honoring Life's Chapters</i>  <i>May 25- The Wisdom of Aging Gracefully</i></p>	<p> <i>June 1 -Sunshine & Social Ties: Strengthening Friendships</i>  <i>June 8- Staying Active & Safe in the Miami Heat</i>  <i>June 15 - Artful Living: Exploring Creativity Together</i>  <i>June 22 -Community Matters: Finding Local Support & Purpose</i></p>

		💖 June 29- <i>Loneliness to Connection: Building a Joyful Social Life</i>
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🌻 July – Freedom & Self-Expression	🌹 August – Wellness & Balance	🌿 September – Growth & Renewal
<p>💖 July 6-<i>The Power of Forgiveness: Setting Yourself Free</i></p> <p>💛 July 13- <i>Writing from the Heart: Reflective Journaling</i></p> <p>💛 July 20- <i>Express Yourself: Music, Dance & Movement</i></p> <p>💖 July 27-<i>Confidence & Courage: Speaking Your Truth</i></p>	<p>💖 August 3-<i>Whole-Body Wellness: Mind, Body & Spirit in Harmony</i></p> <p>💖 August 10- <i>Eating Well Made Simple</i></p> <p>💖 August 17- <i>Staying Strong on Your Feet: Balance & Mobility</i></p> <p>💙 August 24- <i>Tech Tips for Staying Connected</i></p> <p>💖 August 31 - <i>Creating Calm in Everyday Life</i></p>	<p>💖 September 7-<i>Planting Seeds: Setting New Intentions</i></p> <p>💖 September 14- <i>The Wisdom of Reflection: What We've Learned</i></p> <p>💖 September 21 - <i>Finding Peace in Nature</i></p> <p>💖 September 28 - <i>Hope as a Daily Practice</i></p>

🍂 October – Inner Strength	🍁 November – Gratitude & Giving	🌿 December – Reflection & Celebration
<p>💖 October 5- <i>Courage Through Change: Embracing What's Next</i></p> <p>💖 October 12- <i>Healing from Loss: Finding Support & Comfort</i></p> <p>💙 October 19- <i>The Healing Power of Laughter</i></p> <p>💖 October 26- <i>Faith & Spiritual Strength in Difficult Times</i></p>	<p>💖 November 2- <i>Grateful Hearts: Cultivating a Thankful Spirit</i></p> <p>💙 November 9 - <i>Giving Back: Volunteering & Acts of Kindness</i></p> <p>💖 November 16- <i>Gratitude Practices to Boost Mental Health Winter Wellness: Caring for Body & Mind</i></p> <p>💖 November 30- <i>The Power of Hope and Faith in Hard Times</i></p>	<p>💖 December 7- <i>Holiday Coping: Managing Stress & Loneliness -Sharing Stories & Strategies</i></p> <p>💙 December 14- <i>A Circle of Light: Ending the Year Together/ Celebrating Our Circle of Support</i></p>