

It's Never Too Late To Begin Again

Facilitated by: June G. Cravenn (702 521-6166)

Class Date: Wednesday, 11AM-12:45

This class will be based on the NEWEST book by Julia Cameron,

It's Never Too Late to Begin Again

(Julia Cameron is the bestselling author of nearly 40 books, including The Artist's Way, published in 1992, which has been the basis of previous classes offered by OLLI at UNLV.)

Class Description: This new 10 week program is designed for retirees and others experiencing major changes in their lives and who are looking to rediscover creativity and meaning at midlife and beyond. Cameron's tools which will be explored in this class are aimed at helping each of us learn to navigate this new terrain and to redefine the inspired and passionate lives we all want to live.

Class Schedule:

1. Reigniting a Sense of Wonder
2. Reigniting a Sense of Freedom
3. Reigniting a Sense of Connection
4. Reigniting a Sense of Purpose
5. Reigniting a Sense of Honesty
6. Reigniting a Sense of Humility
7. Reigniting a Sense of Resilience
8. Reigniting a Sense of Joy
9. Reigniting a Sense of Motion and Vitality
10. Reigniting a Sense of Adventure

What You Will Need:

- Ideally, you should have your own copy of the book, It's Never Too Late to Begin Again, by Julia Cameron. You can order it through Amazon in paperback. (About \$10.)
- You'll need 3 notebooks for your personal journey. Spiral notebooks from the Dollar Store will be fine.

Homework - What You Will Need to Do, to Get the Most Out of the Class:

- Read the Chapter for the week and complete the tasks. We'll do many of them in class. (Notebook 1)
- Write 3 stream of consciousness, for your eyes only Morning Pages in longhand each morning (Notebook 2)
- Create short Memoirs as you revisit your life in 7-year increments. (Notebook 3)
- Plan an Artist Date just for our own fun and pleasure once a week. (Visit a toy store, go to the library, take in a concert, enjoy the smells of fresh baked bread at a bakery. Or, plan anything else that takes your fancy.
- Take a solo 20-minute walk twice a week.

***Enjoy your personal journey! Enjoy the sharing and open discussion!
And remember, this is not a writing class! No grades, no right or wrong answers!
Just explore what is in your heart – What is on your mind – What your inner voice is whispering.***