

Introduction to our **Just Talk *With Me* Courses**

We may not know, yet, what causes dementia and Alzheimer's, but in vivusclub.com we can make sure **now** that isolation, the lack of events to focus on and the lack of frequent, different, conversations with other human beings are not contributing factors for us. That's why we have created an easily accessible space for mature men and women to indulge in the art of informed conversation to sustain each other, spend time looking out for each other and proving that social networking is possible at older ages, after a redundancy notice and in retirement. And this time around it will be based on your personal needs.

These are online face-to-face group conversation, 4-week, courses.

Each course has a particular theme and this year we're offering:

Course 1 **Our Primary Values**

Course 2 **Questioning Our Present**

Course 3 **Dreams and Aspirations**

Just Talk *With Me* Courses: 1 – 2 – 3

All three courses offer you 8 conversation sessions over four weeks within a month.

You are required to attend both of the conversations for the designated weeks.

Conversation sessions are timetabled for Mondays and Thursdays, with a choice of time slots: 10:00 – 11:00, 13:00 – 14:00 and 17:00 – 18:00.

Before the start of the programme, we will negotiate with the group which time-slot for each of the days, will be used throughout the programme.

Because we want our conversations to be based on evidence and well thought out ideas, we will be asking you to gather material to bring and discuss during our meetings.

For each meeting, there will be a facilitator who will introduce the topic at the start of the meeting, see fair play throughout the meeting and then summarise the main points of the

meeting and tell the group about the activity needed to be carried out before the next meeting

Now look at the structure of the three courses and see which one you would like to start with.