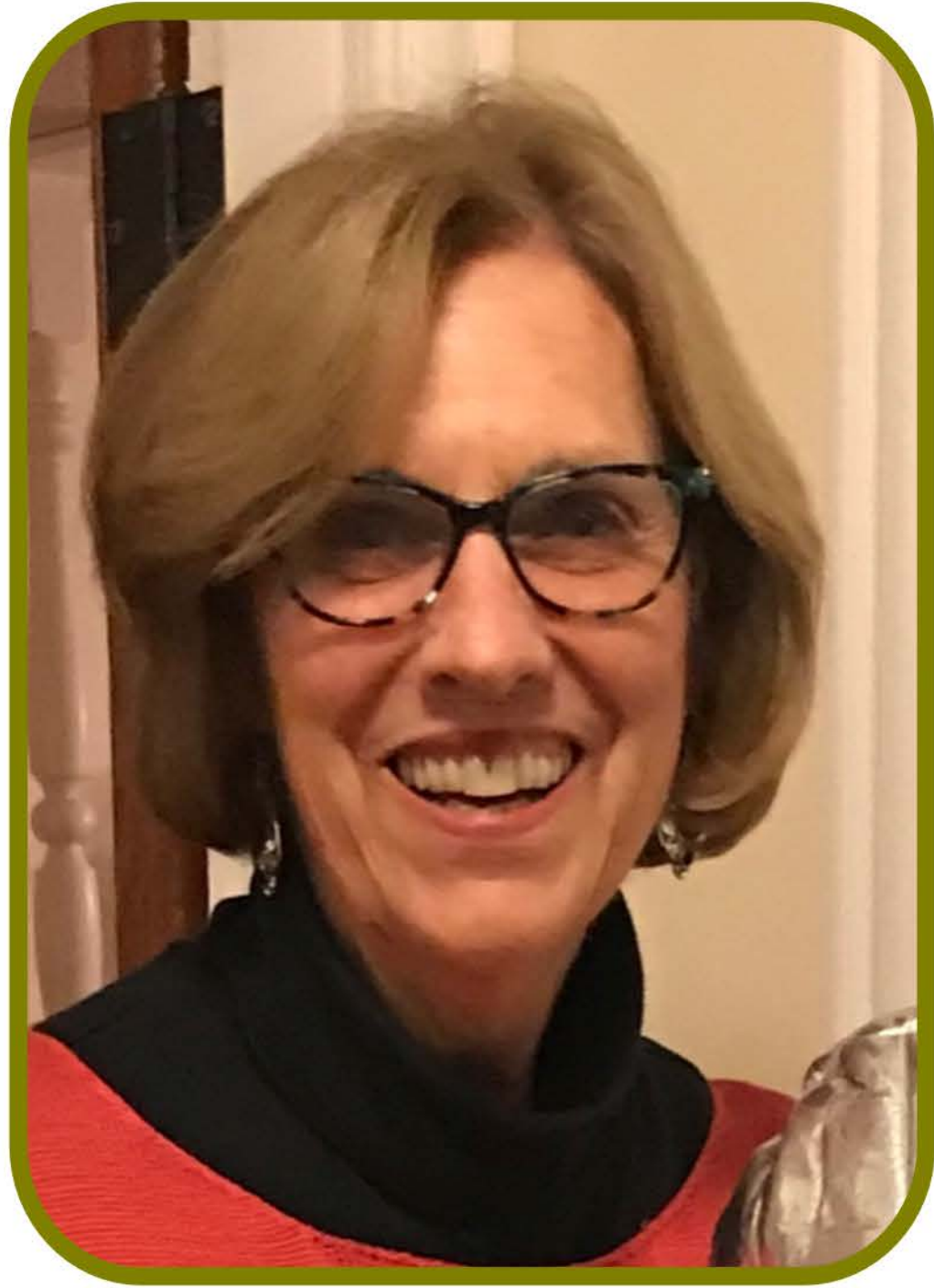


The 2021 Discussion Series

Can You Use A Little More Joy!

Couldn't we all use more joy in our lives?



Janet Kester

Senior OLLI Facilitator
University of Colorado

Ingrid Fetell Lee wrote a book entitled **Joyful** in which she details “The surprising power of ordinary things to create extraordinary happiness.” It quickly became a best seller indicating the yearning among us for more joy. She divides joy into ten aesthetics such as energy (often provided through color), renewal (think baby chicks and spring flowers), freedom (riding in a convertible or the last day of school before summer vacation), or transcendence (kites, clouds, tree houses) and more.

This program will have fun delving into those aesthetics with slides and videos. So, what gives you real joy (JOY!)? We are not talking about just generalized happiness here, but a high energy form of delight or sometimes awe. I will show you some different forms of joy and you can begin determining what gives you the most joy. Then it is your job to concentrate on how to get more of those joyful moments into your life. Without joy, we may be surviving, but not thriving. At the heart of this book lies the idea that joy isn't just something we find. It's also something we can make, for ourselves and for those around us. We can be intentional about building joy and looking for joy. Hope you will come and have a fun-filled session.

Zoom Webinar
Presentation
Free Community Event

Joy!



6:30 PM
Tuesday, Nov. 16, 2021
RSVP 732-866-6660
For Registration
Information

Meet Janet

Janet Kester is a retired special education teacher who lives in Littleton, Colorado. She considers herself very lucky that her three children and five grandchildren all live nearby. She has facilitated and helped facilitate several classes including racism, immigration, caregiving, and horticultural therapy for OLLI (Osher Lifelong Learning Institute for seniors). They have all been worthwhile but this Joy class has definitely been the most fun. In keeping with the value of learning new things in order to maintain a novel outlook on life, she has recently begun cello lessons. Isn't life an adventure!



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