

# *Aging in Community ...with Spirit*



**Experience Autumn in the beautiful mountains of Southwest Virginia. Take time to nurture your spirit, to spend time alone, time in community, and to celebrate ElderSpirituality.**

## **ELDERSPIRIT COMMUNITY AUTUMN RETREAT A Time to Celebrate Harvest Gifts**

*Sessions include Autumn's Call, Reverence for Creation and  
Creating a Culture of Mutual Support.*

**October 7, 2016, 3:00 pm – October 8, 2016, 7:00 pm  
Jubilee House Retreat Center • Abingdon, Virginia**

*Sponsored by ElderSpirit Community, Inc.*

Cost \$135 per person (double occupancy;) \$160 (single;) \$80 commuter.  
Includes four meals, program and tour of ElderSirit Community at Trailview. Limited to 15 Retreatants.

**RETREAT LEADERS: Jean Marie Luce and Monica Appleby**

*To reserve a place, complete the following:*

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_ CELL #: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

SPECIAL NEEDS (dietary, other): \_\_\_\_\_

**Send \$25 deposit by September 30, 2016 to:**

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mappleby@elderspirit.net • (276) 698-3289