



Eastside
Neighbors
Network

NEIGHBORS BUILDING COMMUNITY

- Reminder - "The Spirit of Giving," Friday, December 16, 1:30-3:00 pm
- Coffee & Conversation, Monday 4:00-6:00 pm
- What is the Eastside Neighbors Network?
- Atul Gawande, Ellen Berg - Save these dates!
- Call for Volunteers, Future Members
- PS: In case you missed it...

Reminder - "The Spirit of Giving," Friday, December 16, 1:30-3:00 pm

Take a break from shopping!

Take time out from your shopping adventures to consider a neighbor who could use a little help - maybe an older neighbor who can't get around easily, or someone who might not put up holiday decorations for fear of falling. How would it feel to lend a hand? And how about you? Would you love to visit the Garden D'Lights but don't like to drive at night? Are you challenged when it comes to gift wrapping, or do you procrastinate taking packages to the Post Office?

Every day we hear stories of neighbors connecting with neighbors, making life more enjoyable and rewarding by sharing time and talents. We've planned a hands-on event to bring out the giving spirit in all of us - complete with apple cider and cookies!

Join us for a playful exploration of the non-material gifts we can all share to brighten the holidays for ourselves and others. [Learn more](#)

RSVP-Spirit of Giving

Coffee & Conversation, Monday 4:00-6:00 pm

Join us for coffee, maybe a glass of wine, and conversation at our monthly Social Hour, Monday, December 12th, 4:00-6:00 p.m. at the [Dilettante Mocha Cafe](#) (Conifer Building, 1450 114th Ave SE #120, Bellevue, 98004). Seniors and their family members, friends, neighbors, and caregivers are welcome to this free-form, age-friendly gathering. *Coffee, wine, and refreshments are available for purchase.*

What is the Eastside Neighbors Network?

Click on the image at right for a quick introduction to a program similar to what we are developing in Bellevue.

Visit the [Resources](#) section of our web site for local programs, Seattle-area villages, videos and links related to life in the "3rd Act."



3-minute introduction to how villages work

Atul Gawande, Ellen Berg - Save these dates!

Monday, January 9th: Monthly Social Gathering, 4:00-6:00 PM. Dilettante Mocha Cafe.

Monday, February 13, 2:00-3:00 PM: Watch party: Atul Gawande, best-selling author of *Being Mortal: Medicine and What Matters in the End* in a live webcast from the 15th Anniversary Celebration of Beacon Hill Village and the birth of the village movement. Watch for location and registration details. Monthly social to follow.

Thursday, February 21, 1:00-3:00 pm: "Life in a Neighborhood Network," featuring Ellen Berg, Ph.D. Sociologist, student of aging, and resident of Wider Horizons Village on Capitol Hill. Details and RSVP to follow.

Call for Volunteers, Future Members

Helping an older or less mobile neighbor get to the grocery store, Community Center, or theater outing; making a weekly "sunshine" call; lending a hand to clear snow off a driveway; organizing a walking group; teaching a "newbie" to use their "smart" phone - these are just a few of the ways we can make a difference in the lives of the people around us.

If you have time, ideas, and a desire to be of service, we welcome your participation. And if there's something you need but have been too shy to ask for, maybe we can help. Complete our Interests/Needs Survey to let us know. No obligation - we're gathering information to help us plan, and we'd love to hear from you!

Interests/Needs Survey

Thank you! Please send email if you have any questions.

Joanne Gainen and Lorene Sheppard
Steering Committee Co-Chairs
Eastside Neighbors Network
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PS: In case you missed it....

"Enhancing life in the 3rd Act" Program Brings Neighbors Together to Talk about Getting Older; Lively Conversation Ensues

On a sunny Wednesday morning in October, 50 "Eastside Neighbors" gathered at the Bellevue Library to talk about life in the "3rd Act." We talked about what it's like for us now, what we might need in the future but be too shy to ask for, and what's good about getting older. [View intro and questions \(pdf\)](#)



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