

Courses At Casey's



Ready to Learn?

Do you remember the joy of learning to ride a bike or when you first accomplished a significant milestone - graduating high school, getting that first job, becoming a citizen, buying your first home? All of these milestones are meaningful because of the hard work and effort involved, but also because of the learning you achieved. Learning is one of the greatest joys in life. Henry Ford said: "Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young." Here at Casey's Pond, we want to be a community of lifelong learners.

Beginning in June 2017, we will begin to offer courses on a variety of topics. Each course will consist of 8 class sessions that are 1 hour long. Class size will be limited to 12 participants. Residents, staff members, community members and family members (of staff or residents; children/young adults who would enjoy learning about the topic are welcome too) are all welcome to register. Cost for each 8 week session is \$15 (money will go toward course materials and a catered lunch on the last class). To pass the course, you must attend 6 out of 8 sessions and complete every assignment.

Students who pass 10 courses will receive a diploma. A graduation ceremony will be held bi-annually in May and December.



Pictured on left: Barb Johnson and Sandra Issacs-Bell at the opening of the Alpenglow Gift Shop, 3/3/2017. Pictured on right: Carolina Tilton at her Celebration Party for becoming a U.S. citizen, 12/15/2016.



Summer 2017 Syllabus



Purpose, Growth and Mindset

Fridays at 12:30 PM in the Community Life Room

Dates: June 2, 9 & 30 and July 7 - August 4

Course Facilitator: Cathy Reese, Lifestyle Director at Casey's Pond

Course Description: This course will look at how purpose, growth and mindset impact human potential, longevity, and happiness. We will look at what research has found on these subjects as well as share our own stories and experiences related to these topics.

Course Objectives:

Week 1: Mindset

- Video Clip - The power of believing that you can improve, Carol Dweck
- Handout - Overview of fixed mindset versus growth mindset
- Self-reflection - Write down areas where you have the fixed mindset and areas where you have the growth mindset
- Group Discussion

Assignment for next class: Research someone who has the growth mindset (can be someone you know or someone famous). Write something about them or bring information about them to share with the class.

Week 2: Mindset

- Presentation on growth mindset individuals
- Video clip - Marva Collins, renowned educator
- Self-reflection - Write about a teacher who influenced you. What did they do? How did they impact your life?
- Group Discussion

Assignment for next class: Write about a human quality that you would like to improve upon (i.e. I want to be a better listener, I want to be a better baker, I want to be a better father/mother, I want to be a better clarinet player). What are the fixed mindset thoughts that prevent you from moving forward? How can you reframe those thoughts into the growth mindset?

Week 3: Mindset

- Examples from sports
- Christopher Reeve story
- Video clip - Catching Kayla or Why people believe they can't draw (Ted talk)
- Group Discussion - share your writing assignment

Assignment for next class: Read excerpt from "Switch: How to Change when Change is Hard."

Week 4: Growth

- Overview of key concepts from "Switch."
- Self-reflection - Reflect upon a time you struggled with change. Was it an elephant problem, a rider problem or a path problem?
- Group Discussion
- Overview of action plan

Assignment for next class: Complete your action plan

Week 5: Growth

- Group reflection on action plan
- Stories of finding the bright spots
- Self-reflection - Write about a time in your life when you experienced a lot of change. How did it feel? Write about a time in your life when you experienced a lot of growth. How did it feel?
- Group discussion

Assignment for next class: Find a positive story in the news that incorporates a concept we have learned thus far in class.

Week 6: Purpose

- Group reflection on newspaper stories
- Blue Zones overview of purpose
- Finding purpose stories

Assignment for next class: Learn something new this week and be prepared to report back on your experience.

Week 7: Purpose

- Group reflection on learning something new
- Video clip - Grandma Moses
- Self-reflection - Write about how you could live a more purposeful life.
What would it look like? What would you need to change or do to make it come to fruition?

Assignment for next class: Craft your own personal mission statement.

Consider what you're passionate about, how you enjoy using your talents, and what is truly important to you. Answer the question: Why do I get up in the morning?

Week 8: Celebration and Lunch

- Group reflection on personal mission statements.
- Group reflection on what you have learned.
- Lunch