

# Wisdom Café - July 5, 2023 – Life's Unexpected Twists

We have had many discussions with Sammamish Librarian Zlatina Encheva who has led over three years of “Community Conversations” with Sammamish Seniors with great topics, references to readings, and sharing! She is moving this summer to the Fairwood Library to be closer to home.

*Wisdom Café will continue monthly with Sammamish Library, 1st Wednesdays!*

For this month’s topic, we discussed our lives having unexpected twists and turns. Being open and flexible to unexpected situations is important to accepting changes, as well as for our mental health. We shared what adaptable techniques we have used to cope with life’s surprises.

## **Why does life have so many unexpected twists?**

- We cannot predict the future
- We are unable to plan where our life takes us

## **What was the most unpredicted twists ever you have experienced?**

- Moving to a new country
- It was unexpected

## **Is it easy to accept changes?**

- No, changes are hard, especially if they are unexpected and not planned.

## **What adaptable techniques have you used to cope with life’s surprises?**

- Be flexible and positive
- que sera sera - whatever will be, will be
- c’est la vie - that’s life

## **+++++ Some of Our Wisdom Topics Over the Years +++++**

- |                            |                       |            |
|----------------------------|-----------------------|------------|
| Single best thing          | Influencing your life | Gifts      |
| Positivity                 | Happiest moment       | Gratitude  |
| Modern inventions          | Most rewarding things | Group      |
| Intellectually stimulating | Childhood memory      | Hope       |
| Advice given/received      | What brings you joy   | In touch   |
| Chances to grow            | Friends               | Learning   |
| Change                     | Wisdom                | Presence   |
| What to do                 | Happiest moment       | Quarantine |
| The other side             | Listen                | Aging      |
| Qualities                  | Mental health         | Courage    |
| Hopefulness                | Rise & Shine          |            |
| Summer                     |                       |            |

