



# Ggroup

## Generation to Generation Relating Our Useful Perspectives

**Generations of people employing our ages  
to explore the value of connection and self-worth.**

**Meets the last Thursday of each month from 2 – 3:30pm beginning  
Thursday March 26, 2020 for 6 months at The Westchester Independent Living Center**

What have we been told about age in our culture?

In who's shoes do you want to step? In who's shoes don't you want to step?

What surprises you about all the ages you've experienced thus far?

Does age have anything to do with our feelings? Experiences?

What does worth mean? Self-worth?

With whom have you learned a valuable lesson(s)? How young/old were these people?

What is ageism? Why does it focus on the elderly?

- All generations: Gen Z, iGen, or Centennials: Born 1996 – TBD
- Millennials or Gen Y: Born 1977 – 1995
- Generation X: Born 1965 – 1976
- Baby Boomers: Born 1946 – 1964
- Traditionalists or Silent Generation: Born 1945 and before

**More information and to join us please call:**

**Jeffrey Zitofsky, CWIP**

**Peer Independent Living Advocate – Mental Health Specialist**

**Westchester Independent Living Center**

**10 County Center Road 2nd floor, White Plains, NY 10607**

**(914) 682-3926 x 2123 (Voice) 914-259-8036 (VP/TTY)**

**(914) 682-8518 (FAX)**

**[jzitofsky@wilc.org](mailto:jzitofsky@wilc.org)**