

Village Rotarians and Friends



CONNECT. GROW. THRIVE.

Mission: *To provide a network of rewarding social connections, activities, education and resources that helps members live meaningfully, confidently and happily as they age.*

About Us

Village Rotarians and Friends (VRF) is a group of Rotarians from La Jolla Golden Triangle Rotary Club who are exploring how to age skillfully and support each other in the process. Meetings and social activities promote aging with independence, intellectual stimulation, and fun experiences with friends. Our goal is to transform the negative stereotypes of aging as a time of loneliness, irrelevance and boredom – to a reality of high engagement, purpose and fulfillment. As a result of a strategic planning process, our interactions are focused on three priorities:

- CARE of each other when needed, in case of illness, death or other life challenges
- EDUCATION about aging and related emerging trends and topics
- FUN social activities

Meetings

Meetings are held at members' homes on the second Saturday of the month and feature a potluck brunch. Our meeting agendas focus on creating the kind of Village that we want; and include sharing of helpful resources, discussions and guest speakers on timely, interesting topics.

We also collaborate on planning outings and social activities that nurture connectedness, friendship and fun!

Contact

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What is a Village?

A village is the concept of building community among friends and neighbors to provide social and practical support to each other as we age. We are living longer, more active lives, yet increased mobility and smaller families mean that many of us find ourselves some distance from close relatives. The "Village Movement" is spreading across the country as people seek ways to live life to the fullest in our later years.

"Surround yourself with people who add value to your life, who challenge you to be greater than you were yesterday, who sprinkle magic into your existence just like you do to theirs. Life isn't to be done alone. Find your tribe—and journey freely and loyally together." -Alex Elle