

# WOMEN'S FORUM

## *Sharing Wisdom*

Dear Ladies,

Happy New Year!!

In the spirit of new beginnings and as we've done for many years now, WF kicks off January with recognition and resolution.

First and foremost, to *recognize* with gratitude that we are the luckiest people in the world. We live in a wonderful country and in peaceful and beautiful surroundings. Joyfully added to that is Bedminster's Dillon Library which has become a truly "happy place" for many of us!

Also to *recognize*:

Our program on volunteerism this past November brought to light many of the opportunities available to enrich the quality of our lives through the giving of our time in service to others. Many thanks again

to the participants on our panel and who, by their stories made for a remarkable event. (In my opinion, WF's finest hour.)

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For our first event of 2024, and to offer a *resolution option*. we will hear about a theory that may enable us to enhance our well-being by rethinking our everyday existence. Dr. Ellen Langer, Harvard professor of psychology for over 40 years, posits that we can "Think Ourselves Young"! Dr. Langer has researched and developed a technique that we will hear about in a very compelling and inspiring interview screened at our NEW YEAR LUNCHEON, Thursday January 4, at noon.

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"More and more learning" is a resolution that I hear from many of our WF members. I am right there with them - can't get enough! For our second January event we'll continue our learning journey

into the world of fine art.

Pablo Picasso (1881-1973) has been a figure in the culture of our lives since, forever. Considered by many to be the greatest artist of the 20th century and by others simply inscrutable; at our second luncheon event we will hear about the master from a different and interesting perspective - a woman who knew him *very* well.

The artist Francoise Gilot (1921-2023), a ten-year companion of Picasso and mother to Paloma and Claude, wrote a memoir titled LIFE WITH PICASSO. As part of her promotional tour, she was interviewed by Charlie Rose. This fascinating conversation will be screened and discussed as our program for the PICASSO LUNCHEON, Thursday January 18 at noon.

To receive the WF monthly newsletter and for information to register for our events please contact

us at: [womensforumusa@gmail.com](mailto:womensforumusa@gmail.com)

Wishing you all a strong and healthy start to 2024!

Best always,

Evelyn