



## AGING STRONG TRANSITION CAFE

OFFERED AT NO COST!

## Have You Heard About Our Aging Strong Transitions Café?

Honoring your past, supporting your next chapter!

### The Transition Café

**“Rebuilding life with connection and purpose.”**

The Aging Strong Transitions Café is a welcoming space for those who have lost a loved one and are beginning to rediscover themselves. It’s a gentle place to ease back into social life, share stories with others who understand, and explore new ways to find meaning and purpose. Whether you’re looking for companionship, encouragement, or opportunities to give back, you’ll find a community that walks beside you as you navigate this new chapter — with compassion, understanding, and hope.

### INTRODUCING 2026 MEETINGS

**Join us at  
NORCO,  
1303 S Silverstone Way, Meridian,  
2nd Floor Conference Room  
The 2nd Thursday of Every Month  
Beginning June 11th from 1:00-2:30**



For information or to **RSVP**  
Contact: Karen Kouba-McIver  
Email: [kkouba@jannus.org](mailto:kkouba@jannus.org)  
Phone: 208-947-4283

Brought to you by:



[www.AgingStrong.org](http://www.AgingStrong.org)