



ALL my past life is mine no more,
The flying hours are gone,
Like transient dreams that rise and fall,
Whose images are kept in store
By memory alone.

I do not think it so strange to meet
A person who is dead,
Whose presence is as real as mine,
And that, as fast as it is past,
Returns, is only true.

I have seen you of late,
I have heard you of late,
I have seen you of late,
I have heard you of late,
I have seen you of late,
I have heard you of late,
I have seen you of late,
I have heard you of late.



POETRY CLUB

Dr. Namrata Bagaria
Dr. Paul A. Merkley

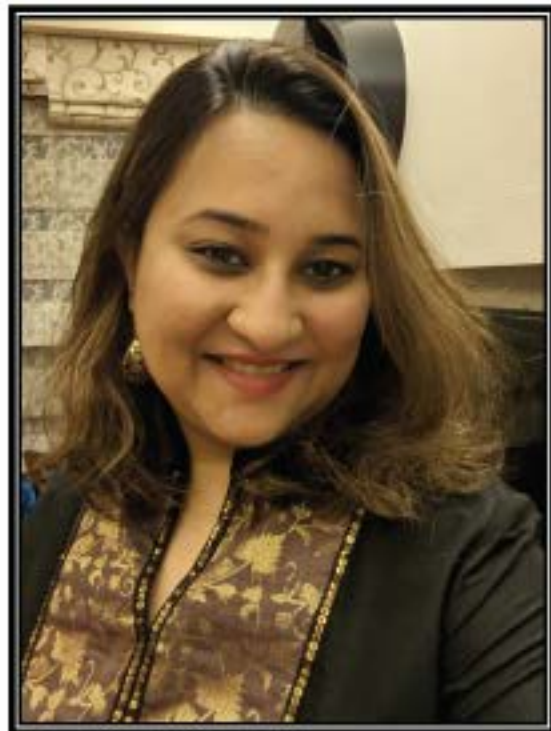
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WELCOME MESSAGE



Dr. Namrata Bagaria, MBBS, MPH (Harvard), PhD (C)
Co-founder and CEO
Seniors Junction Inc.

Welcome to Seniors Junction! Our mission is to create a community of seniors who value meaningful conversations and intellectual discussions. We understand the value of social connections, and we bring to you curated content from experts in various fields who are seniors themselves. Our events are not just one time but recurring so that there is a venue to keep meeting like-minded people again and again. Our vision is to help reduce seniors' social isolation one conversation at a time.



THE INSPIRATION BEHIND POETRY CLUB



Dr. Paul Merkley & Dr. Namrata Bagaria
Leaders Poetry Club
Co-founders Seniors Junction

Poetry sharing is the perfect medium for building deep connections, having meaningful conversations, and contributing to a soulful community. During this period of extended isolation, we both had the chance to sit and write many poems in this time, and it helped us cope better with social isolation. We wanted to create a safe space for individuals like ourselves who value expressing deep feelings and emotions; hence a poetry club made a lot of sense to us. Poetry reading and writing offers tremendous mental health and wellbeing benefits, and we sincerely hope to provide a balm for the aching soul in today's trying times.

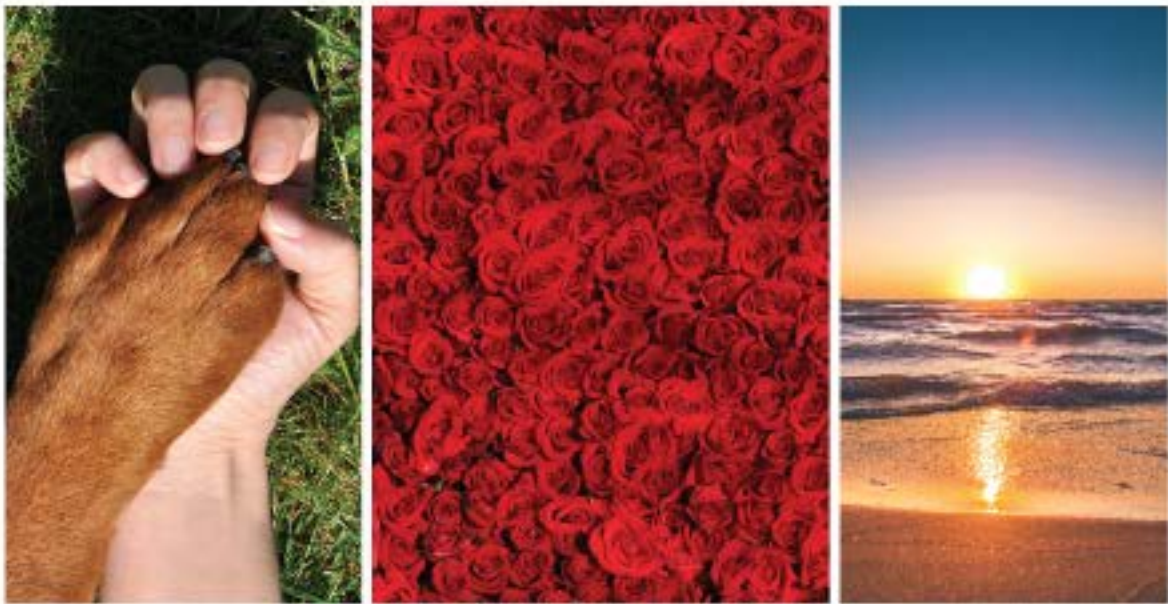


ABOUT POETRY CLUB



Poetry Club is a virtual social club led by Dr. Paul Merkley and Dr. Namrata Bagaria. The club's focus is to unlock parts of ourselves we have forgotten through poetry. Each week, we will share poems on the weekly topic written by us or our favourite poets. After about 20 minutes of presentation, guest participation will begin. Each person on the weekly topic self-written or by a poet they like, we share and discuss in circle style. We enable breakout rooms in case of large numbers. We ask members to take notes and share their reflections at the end of the session. In sessions with larger numbers of participants, we ask for one reflection only. Each session is around ninety minutes. Interested patrons can purchase tickets for individual sessions or the entire eight weeks at a discount. Bulk purchase and group discounts are available

PROGRAM DETAILS



Week 1: Poems on Love

Week 2: Poems on Friendship

Week 3: Poems on Gratitude

Week 4: Poems on Forgiveness

Week 5: Poems on Grief or Loss

Week 6: Poems on Summer

Week 7: Canadian Poets

Week 8: Women Poets

We encourage poems in all languages but request the translation in English. In case the poem is in another language, we would ask participants to be mindful of the time and share one poem only as translation needs time.

LEARNING OUTCOMES



Lesson 1: Reading and writing poetry to unlock parts of ourselves we have forgotten

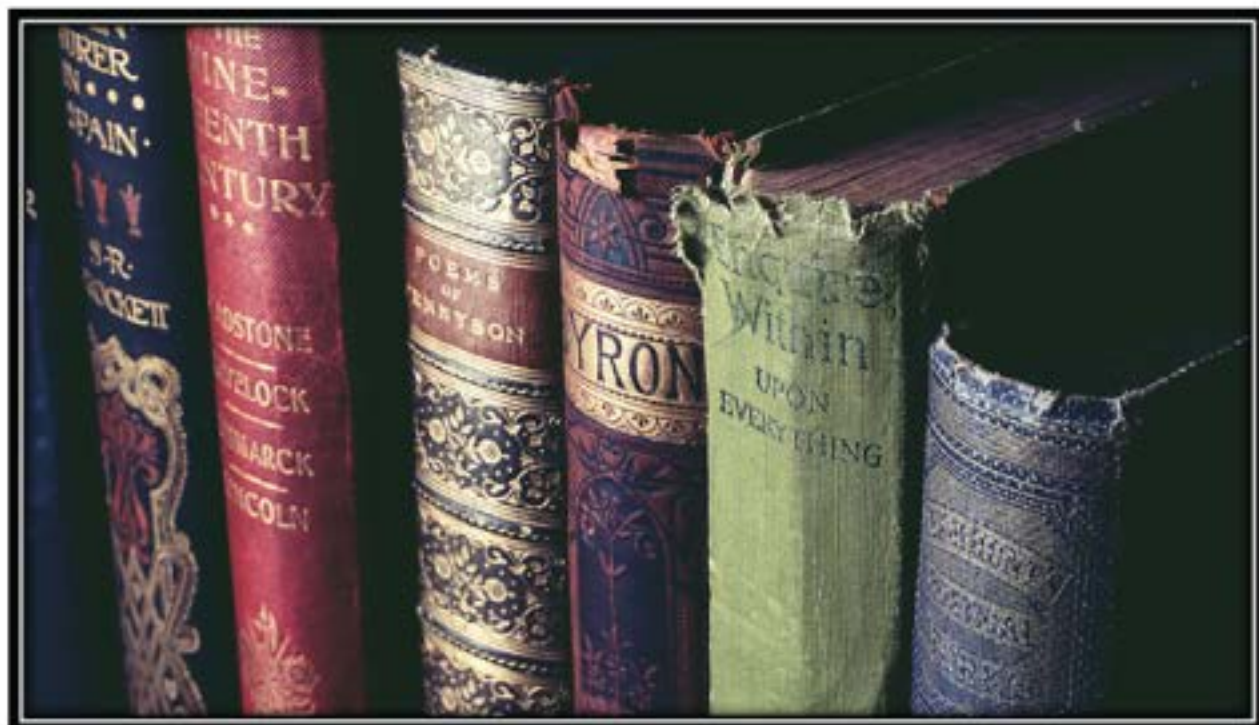
Lesson 2: Learning the power of words

Lesson 3: Feeling the strength of sounds and form

Lesson 4: Appreciating the hidden beauty of poetry

Lesson 5: Unleashing our creativity and letting it soar

BOOKING AND REGISTRATION



Launching Apr 17, 2021.

Duration: 90 minutes

Alternate Saturdays, 2 pm EST

Number of events: 8

Season Pass: CAD ~~160~~ 128 (20% Discount)

[Buy Here](#)

Group Size:50

For bulk purchases and discounts, [Email](#)

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