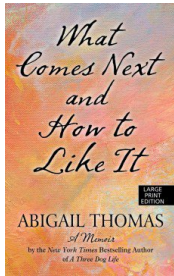


Memoirs and Movies



What comes next and how to like it : a memoir

by Abigail Thomas

813 THO

An uplifting memoir about the author's life after the devastating loss of her husband, changes in a once-platonic friendship, her daughter's illness, and the death of a

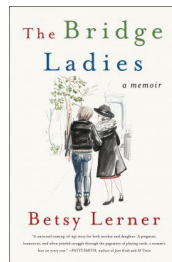
beloved dog.

The bridge ladies : a memoir

by Betsy Lerner

305.2 LER

A 50-year-old bridge game and the secrets it held provides an unexpected way to cross the generational divide between the author and her mother.



Best Exotic Marigold Hotel

BES (DVD & Blu-ray)

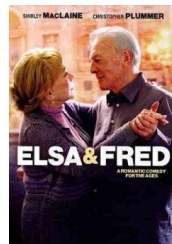
A group of British retirees decide to outsource their retirement to a newly renovated hotel in Jaipur, India, that is being marketed as a

retirement residence, but when they arrive, they find it to be in less luxurious condition than they had imagined, although they are soon charmed and transformed by their shared experiences.

Elsa & Fred

ELS (DVD & Blu-ray)

Fred, an elderly man who has just lost his wife, moves into an apartment where he meets Elsa who teaches him to enjoy life and love again.



Aging with Style



Going Gray: How to Embrace Your Authentic Self with Grace and Style

by Anne Kreamer

303.4613 KRE

Following the author's decision to 'go gray', this book is a frank, funny, and unflinchingly wise investigation

of aging today.

French women don't get facelifts : the secret of aging with style & attitude

by Mireille Guiliano

613.04244 GUI

With her signature blend of wit, no-nonsense advice, and storytelling flair, Mireille Guiliano returns with a delightful and encouraging take on looking and feeling your best at any age. By the author of French Women Don't Get Fat.



Advanced Style : Older & Wiser

by Ari Seth Cohen

746.920846 COH

Featuring senior street style and inspiration from all over the globe.



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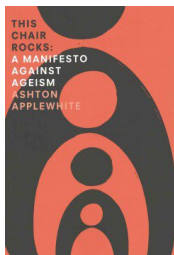
Aging



Don't get all weird about getting older!
Our age is merely the number of years the world has been enjoying us!!

A selection of books and movies
at
St. Albert Public Library

Aging with Attitude



This chair rocks : a manifesto against ageism

by Ashton Applewhite
305.26 APP

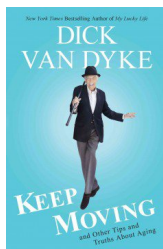
From childhood on, we're barraged by messages that it's sad to be old. That wrinkles are embarrassing, and old people

useless. Whether you're older or hoping to get there, this book will shake you by the shoulders, cheer you up, make you mad, and change the way you see the rest of your life. Age pride!

Keep moving : and other tips and truths about aging

by Dick Van Dyke
791.45028 VAN

The popular movie and television star shares his thoughts on embracing the later years of life with a positive attitude as he approaches his ninetieth birthday.

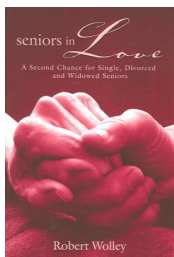


Seniors in love : a second chance for single, divorced and widowed seniors

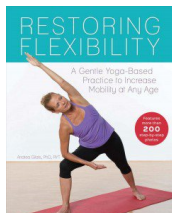
by Robert Wolley
306.7 WOL

Not only does getting older bring new opportunities, it also offers a

second chance to find love and romance. Seniors in Love deals with the emotional, financial, physical, and other issues facing seniors when considering a new, intimate relationship.



Aging Healthfully



Restoring flexibility : a gentle yoga-based practice to increase mobility at any age

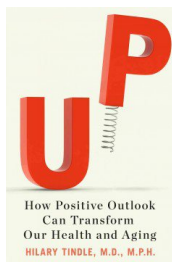
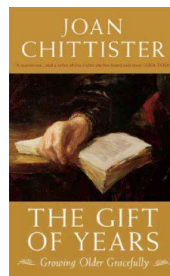
by Andrea Gilats
613.7182 GIL

Shares yoga-based exercise specifically designed to restore flexibility, mobility, and agility.

The gift of years : growing older gracefully

by Joan Chittister
646.79 CHI

This inspirational and illuminating work looks at the many facets of the aging process, from purposes and challenges to struggles and surprises.



Up : how positive outlook can transform our health and aging

by Hilary Tindle
613.2 TIN

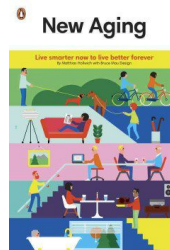
Learn how one's life outlook can significantly impact the aging experience, revealing how to make

key adjustments in attitude and perspective to promote health.

New aging : live smarter now to live better forever

by Matthias Hollwich
305.26 HOL

Learn how to change your habits and environments to suit your evolving needs as you age.

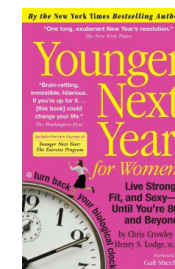
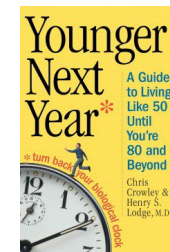


Aging Healthfully

Younger next year : a guide to living like 50 until you're 80 and beyond

by Chris Crowley
613.04234 CRO

Now a classic and still popular, Younger Next Year draws on research into the science of aging to explain how men over the age of fifty can turn back their biological clocks to live stronger, healthier, injury free, and more alert lives.



Younger next year for women : live strong, fit, and sexy--until you're 80 and beyond

by Chris Crowley
eBook on Hoopla

This version of the original book is geared specifically for

women. A guide to aging without fear or anxiety, it offers a range of simple rules including Don't Eat Crap, Exercise Six Days a Week, and Connect with Other People.

A short guide to a long life

by David Agus
613.2 AGU

A practical and entertaining illustrated guide to everyday health that answers questions about the safety of flu shots and who should take baby aspirin daily.

