

Purpose & Connection

The secret is staying engaged



You've earned this special time

Life after middle age can be an opportunity to rediscover and redefine who we are. As we grow older, many of us find our free time grows with us. And when we view this as a gift, it can sustain and nourish us in ways we never thought possible.

Now reap its rewards

This is the part of our life story when we can rely on our past experiences to fuel something extraordinary. To reconnect and feel a part of something bigger and more meaningful.

With Tapestry as your partner and resource, we can guide you to the advice, ideas, and tools that will help you reinvent yourself.

Find your passion. Use this time to uncover hidden talents and new interests. Look into classes or workshops. Try a new sport. Teach yourself something new, online or in person.

Identify your inner purpose. What are your core values? Jot down your thoughts, motivations, and dreams to get in touch with what matters to you most, and then set an attainable goal.

Embrace community. Seek out and participate in groups that share your interests and make you feel welcomed.

Tap into the power of giving. Volunteering is a powerful way to contribute to your community and experience the joy of helping others, while leveraging your skills and years of expertise.

Become a lifelong learner. Having free time is ideal for expanding our knowledge and keeping our brains strong. Enroll in online courses, attend workshops, learn a new language, or refresh your skills in one you already know. It helps keep your mind sharp and your self-confidence intact.



DECEMBER 4, 2025

SEASONAL, FUN, COMMUNITY

The Anti-Resolution Revolution

How to make changes without driving yourself crazy



NOVEMBER 21, 2025

LEARNING, COMMUNITY

The Threads of Time

Weaving your family's history together



NOVEMBER 12, 2025

COMMUNITY

Less is More

The upside to downsizing and decluttering

Member Stories

Creating community in Guatemala

Karen Yoshino, Ph.D.



In the 1990s, I began forming a friendship with a work colleague, Leslie Baer Dinkel. As our friendship grew, I could see that Leslie had a superpower — creating community. At first, I was drawn to the travel, the music (Leslie sings and plays guitar), and the prospect of exploring the unknown. I also saw an opportunity to use my position of relative privilege to help those in need.

On my first trip to the highlands of rural Guatemala, I learned how people live on a typical family income of \$1,300 US a year. This awareness changed my motivations for getting involved. I contributed my financial, technological, and organizational expertise to help Leslie distinguish the tiny village of San Martin Chiquito from other Guatemalan communities.

Now, as I approach my 80s, I'm all in. I'm in for the fulfillment of working with people who lovingly share their talents, knowledge, energy, resources, and time across distances, languages, cultures, and many other factors that could separate us. I'm in for the sense of mutual respect within the group. And I'm in for the lifelong friends I have made at [Local Hope/Xela AID - Partnerships for Self-Reliance](#).