



# Ashton Applewhite, Author “This Chair Rocks!” A Manifesto Against Ageism

## Brookline Community Aging Network

Provides information to help residents remain engaged in the community.

Advocates to make Brookline an even better place to live for seniors and everyone.

### Join us!

### Founding Partners



Council  
on  
Aging



Center Communities  
of Brookline  
Hebrew SeniorLife



Caring for Generations



**Thursday, May 4, 2017, 6-7:30 pm**

*Refreshments will be served from 6-6:30pm  
Program with discussion runs 6:30-7:30 pm*

**Brookline Senior Center**  
**93 Winchester Street, Brookline, MA**  
**Free of Charge – please call 617-730-2770 to register.**

People are happiest at the beginnings and the ends of their lives. The vast majority of Americans over 65 live independently. The older people get, the less afraid they are of dying. Aging is a natural, lifelong, powerful process. So how come so many of us unthinkingly assume that depression, diapers, and dementia lie ahead? That the 20<sup>th</sup> century’s astonishing leap in life expectancy is a disaster in the making? Underlying all of the hand-wringing is ageism: discrimination that sidelines and silences older people. Applewhite has written a book, a blog, and she speaks widely – all tools to help catalyze a movement to make discrimination on the basis of age as unacceptable as any other kind. We hope that you will join us for an evening with her on May 4<sup>th</sup>!

**Ashton Applewhite** is a writer and activist based in Brooklyn, New York. She is a leading spokesperson for a movement to mobilize against discrimination on the basis of age. In 2016, she joined the PBS site Next Avenue’s annual list of 50 Influencers in Aging as their Influencer of the Year. Applewhite has been recognized by the *New York Times*, National Public Radio, and the American Society on Aging as an expert on ageism.