

What Really Matters

15 minutes

Our last episode of the year!

Featuring...important messages from our senior listeners about what to remember during and after the election!

And of course, a few grounding exercises to do at home.

**For an audio version
in English and Spanish**

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[www.thebushwickstarr.org/
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We'll be back in 2021! Enjoy!

This episode of the Silver Lining is created by Camila Cano-Flavia, Rachel Kauder Nalebuff, Caitlin Ryan O'Connell, & Nicole Villamil and the members of the Roundtable Senior Center. The program is brought to you through a SU CASA grant supported by the Bushwick Starr theater, the New York City Department of Cultural Affairs and the New York City Council. Music is by Coleman Zurkowski.