

Time for breath and for grief

23 minutes

In this bilingual episode we take some time to sit with our grief and celebrate the lives of our senior center community members we have lost.

Whether or not you know the seniors we commemorate, we invite you to get to know them and also make time for the losses you are carrying.

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

dial: 646-880-9127

**To stream, visit
[www.thebushwickstarr.org/
silverliningradio](http://www.thebushwickstarr.org/silverliningradio)**

This episode of the Silver Lining is created by Camila Cano-Flavia, Rachel Kauder Nalebuff, Justice Nnanna, Caitlin Ryan O'Connell, Nicole Villamil, and the drama students of the Ridgewood Bushwick and Roundtable Senior Centers.

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.