

## All About Your Destination Workshop In San Miguel de Allende January 26 – February 2, 2023

### Overview

Love of Aging takes curious explorers on journeys to magical locations, journeys of personal discovery, creativity, and renewal. Our destination workshops explore a new narrative for aging and are a celebration of cumulative wisdom, life experiences, and the freedom to go for it.

Our January 2023 destination workshops will take place in the Pueblo Mágico (Magical City) of San Miguel de Allende, Mexico. The workshop includes 7 nights' accommodations and 6 workshop/exploration days.

In addition, we will schedule pre- and post-workshop sessions via Zoom. These sessions are part of the workshop so that when you land in San Miguel de Allende you are already engaged in workshop material and inquiries and you continue to expand on workshop outcomes after returning home.

#### 2 Pre-Sessions:

Dates TBA closer to January

#### 2 Post-Sessions:

Dates TBA closer to January

We recommend attending pre- and post-workshop sessions live via Zoom; however, we will video them for participants who have schedule conflicts.

### Arrival

Fly into Leon International Airport where you will be met by a Love of Aging representative. As flights land, we will gather workshop participants into small groups and escort you to a Bajio Go shuttle which will transport you to San Miguel, about a 90-minute drive. (See FAQs for recommended flights.)

On your arrival date, Love of Aging will provide a light post-travel dinner at Casa Puesta del Sol.



## Accommodations



Our destination workshop will take place at Casa Puesta Del Sol (“Sunset House”), a charming boutique hotel nestled on a hillside with a lush private garden and a stunning sunset view of the city and surrounding countryside. Located in the El Atascadero neighborhood, the Casa is mere minutes (a \$2 cab ride) from the heart of town. Custom-built in the Spanish Colonial style, the Casa is filled with local art, stained glass, and comfy furniture.

Love of Aging will have the Casa entirely to ourselves. Our hosts, owners Gabriela and Dan, treat guests like family and can easily connect us with whatever we need.

They will prepare and serve delicious daily breakfasts; coffee, tea, and snacks; sunset cocktails; and two hosted dinners on premises.

Space is limited and room choice is first come first served. Room amenities include free high speed Internet, flatscreen TVs, bottled water, housekeeping, in-suite bathrooms, large closets, irons, and more. And there is plenty of space for socializing with fellow explorers. Please see the Destination Workshop application for room descriptions and pricing. Photographs and room descriptions can be found at [casapuestadelsol.com](http://casapuestadelsol.com)

## Destination Workshop Intentions & Methodologies

### 1. We will immerse our explorers in the magic of San Miguel de Allende.

Step out of your everyday environment and through the portal that is San Miguel, and you will find yourself thinking and acting in new ways. During workshop sessions, we will provide you with discovery questions that serve as a lens for viewing and discussing the day’s experiences. Consider the city of San Miguel de Allende to be your “other workshop leader” as you explore its culture, experience its art and natural beauty, and meet its extraordinary people.



### 2. We will provide curated sensory experiences and coursework that free up your imagination, open up your perspective, and shake up your view of aging.

What if your future is not set in stone? Our workshop is designed to keep pushing the boundaries of your imagination such that you get a new and even surprising perspective on yourself and your future. We will look at the reality of aging, including its gifts. And we will use written and verbal exercises, as well as a unique, local form of artwork, to shake things up.

3. **We will take you on a journey in which you will discover and design an unparalleled next life chapter.**

Our workshop includes an approach to both discovering and designing your next chapter as an expression of your unique tastes, passions, and callings. It also includes conversations with local artists and entrepreneurs who have reinvented themselves, creating unparalleled futures that light them up.

**San Miguel de Allende: The Other Workshop Leader**

Located in the heart of Mexico in the state of Guanajuato, San Miguel de Allende is a **UNESCO World Heritage City**, offering a colorful, historic Spanish Colonial atmosphere with modern comforts. The buildings, public square, and cobblestone streets in the city center have been preserved much as they were 250 years ago.

San Miguel de Allende is renowned for its hospitality and was voted **#1 Best City in the World** in *Travel and Leisure's* 2021 reader survey.



A mecca for native Mexican artisans and ex-pat artists and writers from the US, Canada, and Europe, the city abounds with art galleries, shops, and boutiques featuring antiques, decorative items, sandstone handicrafts, masks, glass, sculpture, jewelry, and clothing. Local museums feature the work of Mexican artisans and painters, including murals by renowned artists.

Because Love of Aging Co-Founder Liz Dietz has a home in San Miguel de Allende, we have not only arranged guided tours and day trips for workshop participants but have also scheduled social gatherings with fascinating ex-pats and natives, who live in San Miguel.

All activities have been carefully selected to expand on what we are exploring in our daily workshop sessions. You will receive a daily itinerary upon arrival. Meanwhile, here are some of the activities you can look forward to as we immerse you in the sights, sounds, smells, tastes, and textures of this extraordinary destination.





- Welcome dinner and fiesta on our first full day together.
- Guided art and architecture walking tour of the city center, including:
  - El Jardin, the central square that is the beating heart of the city, where mariachis perform and locals people-watch.
  - La Parroquia de San Miguel Arcángel, the city's famous pink stone cathedral.
  - La Escuela de Bellas Artes, a converted monastery turned art school, featuring exquisite murals by Pedro Martínez and David Alfaro Siqueiros.
- Day trip to nearby Atotonilco (9 miles from SMA) featuring:
  - Private guided tour of the Sanctuary of Jesús Nazareno de Atotonilco, a UNESCO World Heritage site: This 18<sup>th</sup> century baroque church known for its mural work by artist Antonio Martínez de Pocasangre and dubbed "The Sistine Chapel of Mexico" has been an important pilgrimage destination in Mexico since 1765.
  - Private tour at Galería Atotonilco, which houses and sells one of the country's finest collections of Mexican Folk Art in an architecturally spectacular building.
  - Leisurely hosted lunch in a beautiful country setting at Hotel Nirvana, whose menu features locally sourced ingredients including produce grown on the premises.
- Visits to:
  - Parque Benito Juárez – a lovely place to wander, people watch, and view local art.
  - Fábrica La Aurora – a large collection of art galleries and design studios in a remodeled cotton factory.
  - Mirador – the best view of the city and surrounding countryside.
  - And other sights.
- Shop, people-watch, and visit with artisans at the Mercado de Artesanías – a descending pedestrian walkway that covers several blocks lined with stalls selling handicrafts including silver jewelry from Taxco, rugs from Oaxaca, talavera pottery from Dolores Hidalgo, glass, tin lamps, and more.
- Guided tour of El Charco de Ingenio: This 170-acre Botanic Garden that lives within a nature preserve was designated a "Peace Zone" by the Dalai Lama.



- A hosted dinner and cocktail party with special guests in Liz's home in San Miguel de Allende.
- A hosted cocktail party with special guests in the adjacent homes of American ex-pats Howard & Bill and Mexican entrepreneurs Luis and Ernesto.
- Farewell dinner and fiesta on our last full day together.
- Time on your own to further explore the city (we'll provide recommendations), socialize with fellow participants, or delve into workshop topics and assignments.





## Your Love of Aging Workshop Leaders



Your Destination Workshop is being designed and led by Love of Aging Co-Founders Candace Shivers, Liz Dietz, and Maureen Charles.

### **Candace Shivers**

Renowned public speaker, Candace Shivers is an expert on the impact of attitude on the quality of life for older adults. At age 65, after spending 36 years training people from around the globe in effective communication, leadership, and public speaking, she reinvented herself, launching her current career

as a champion for older adults living a healthy and vibrant lifestyle. Candace served for 10 years as Special Projects Manager for WISE & Healthy Aging, a leading edge non-profit, where she designed and delivered innovative programming for older adults. Candace has also been at work on her bucket list for the past 10 years, traveling to 22 countries, completing a half marathon for her 70<sup>th</sup> birthday, getting fit through yoga classes and weekly weight training sessions, and even taking Bollywood dance lessons. Now, at 75, she brings all of her talent, experience, and zest for life to Love of Aging.

### **Liz Dietz**

Liz Dietz is a highly regarded public speaker, covering topics such as women in leadership, entrepreneurship, technology trends, social activism, the changing workforce, and the role of higher education in the new world of work. For 37 years, Liz devoted herself to the professional goal of transforming higher education through technology and was recognized and sought after as a global leader in her field, working in executive capacities at publicly traded software corporations (Workday and PeopleSoft) as well as privately held companies. Her interest in the concept of healthy aging began in 2006 when she served on the Board of WISE & Healthy Aging and participated in the care of her aging mother, who was suffering from dementia. Newly retired, at age 68, Liz is at work on creating the next and grandest chapter of her life. In 2020, she completed the historic “Camino” pilgrimage, walking from Porto, Portugal, to Santiago de Compostela, Spain. Our local guide for this destination workshop, Liz has a second home in San Miguel de Allende, where she has lived off and on since 2007.

### **Maureen Charles**

A lifelong educator, writer, and leadership trainer, Maureen Charles brings extensive experience in community leadership, project implementation, and curriculum design to Love of Aging. During 27+ years as a program leader for a global training and development company, Maureen coached thousands of people to design, implement, and lead community projects – ranging from neighborhood events to international NGOs – and to be unstoppable in galvanizing their communities to take action in service of a vision. Her interest in the nexus of aging and attitude arose from her experiences of bereavement following the sudden death of her spouse in 2016 and of choosing a new career path in her late 50s. She has worked as a professional writer and editor for 15+ years and recently earned her Master’s (MFA) in Writing for Children and Young Adults. Her young adult nonfiction biography – *Music Mavens: 15 Women of Note in the Industry* – was published by Chicago Review Press in November 2022. Now 62, she serves as Board Chair for Aid Still Required, an international NGO that funds K-12

education, medical care, and social services for some of the Haiti's most impoverished communities. She is Editor-in-Chief for our website, LoveOfAging.com.

## FAQs

### 1. What airlines and flights connect with Leon International Airport (BJX)?

The only direct flights to Leon are via Volaris, a “no frills” airline that we do not recommend.

Major airlines fly into Leon Airport (BJX) from the following hubs. Please book a connecting flight from your home airport to one of these cities.

Connecting Airport	Airline
Houston	United (Star Alliance)
Dallas	American (One World)
Mexico City	Delta / Aeromexico (Sky World)

Check-in time at Casa Puesta del Sol is 3:00 pm and check-out time is 12:00 noon, and they can store your luggage for early arrivals or late departures.

Please provide your flight information on the attached form so we can organize transfers to San Miguel de Allende, a 90-minute journey by car.

Please note that you may be asked to wait at the Leon airport for workshop participants to arrive on another flight before your shuttle can depart.

We will provide an evening meal on arrival day and breakfast on departure day.

**Will I need a passport?** Yes. If you're flying in, you need a passport to enter Mexico. No visa is required for US citizens. Please make sure your passport will not expire prior to your arrival in Mexico. Passport renewals are slow right now (6-8 weeks) so if you need to renew, be sure to get right on it. Please also bring a photocopy of your passport to serve as an ID while in San Miguel de Allende.

if you are not a US citizen, please check passport and visa requirements pertaining to your home country.

[Please note: Most travelers have a “passport book” – i.e., a multi-page passport. If you are someone who crosses the border with a “passport card,” you should know that while you can enter Mexico with one, US Customs in airports does not accept passport cards upon return, so be sure to bring your passport book.]

2. **What if I want to extend my stay?** If you wish to arrive early or stay past the departure date, we recommend you make your reservations soon. We will help you secure housing with Casa Puesta del Sol assuming it is available for the dates you desire. Of course, there are also other beautiful boutique hotels in the city.
3. **What will the weather be like?** The daytime weather in late January is usually beautiful. Mornings and evenings are cool with afternoon temperatures in the low to mid-70s. Overnight lows typically range from 42°F to 48°F.
4. **What should I pack?** Please pack comfortable, casual clothing that you can layer (see weather) including a jacket or warm wrap for evening. (Note: Shorts are rarely worn in San Miguel.) If you wish, you may bring one or two dressy-casual outfits to wear at our planned cocktail parties. You will be taking walking tours and crossing cobblestone streets, so please pack sturdy walking shoes. The sun is strong in San Miguel de Allende, so please pack sunscreen and a sun hat (one that covers your head, not just a visor). Of course, you can easily purchase a hat in town. To protect your money in crowds, please also bring a cross body purse, fanny pack, or money belt. And pack sufficient medications for the duration.
5. **Do I need to exchange dollars before leaving for Mexico?** No, you do not. You can withdraw pesos from your bank account or credit card at an ATM in Mexico and get a much more favorable exchange rate than in the US.
6. **What about using credit cards?** Local merchants and restaurants take the usual credit cards. If possible, we recommend you bring a card or cards that do not incur international transaction fees. Also, please make sure that related banks know you will be in Mexico so they do not put a freeze on your debit or credit cards.
7. **What about telephone usage?** If you have a North American telephone plan, you can use all cellular functions while in San Miguel de Allende. You can also check with your cellular service provider about paying for a temporary upgrade.

Alternately, you will be able to make phone calls and send texts on Wi-Fi mode at Casa Puesta del Sol (or anywhere in town that has Wi-Fi). What'sApp (a free, easily downloadable app) works well for Wi-Fi texts and phone calls when abroad. And, of course, the Casa has phones for making local calls.

8. **If the Casa Puesta del Sol rooms are fully booked, can I stay somewhere else and still participate in the workshop?** Yes. Space is limited in our meeting room, but we can add a few people beyond those staying at Casa Puesta del Sol. We will arrange space at a comparable nearby hotel.
9. **Is Casa Puesta del Sol wheelchair accessible?** No. Workshop participants must be able to climb stairs and negotiate cobblestone streets.



**10. What about vaccination and mask requirements?** Please see your Destination Workshop Application, page 4, for information on COVID-related requirements and protocols.

**11. I have special dietary needs. Can those be accommodated?** Please communicate your dietary needs on the attached form and we will provide reasonable accommodations during hosted meals. If you need specific food items that you think may not be available, you may want to bring them with you. Please note that San Miguel de Allende does have high-end grocery stores. Also, the Casa has a filtration system so its tap water is safe to drink and brush your teeth with; they also provide bottled water.





## Workshop Participant Travel Information, page 1 of 2

**Name:** \_\_\_\_\_

### Incoming Flight:

Airline: \_\_\_\_\_

Flight number: \_\_\_\_\_

Departure Date/Time: \_\_\_\_\_

Arrival Date/Time: \_\_\_\_\_

### Departing Flight:

Airline: \_\_\_\_\_

Flight number: \_\_\_\_\_

Departure Date/Time: \_\_\_\_\_

Arrival Date/Time: \_\_\_\_\_

### Dietary Needs:

- ☐ Vegan
- ☐ Vegetarian
- ☐ Gluten Free (for allergies only please)
- ☐ Kosher
- ☐ Other: \_\_\_\_\_

☐ Food Allergies: \_\_\_\_\_

\_\_\_\_\_

**Medication Allergies:** \_\_\_\_\_

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## Workshop Participant Travel Information, page 2 of 2

Name: \_\_\_\_\_

What do you hope to gain from this destination workshop?

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Anything else you think we should know?

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Please complete pages 10 & 11, scan or photograph them, and return them to [maureencharles@loveofaging.com](mailto:maureencharles@loveofaging.com). Thank you.