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'Lives Well Lived' Documentary About Seniors Living to the Fullest, Shown Thursday Evening in Greenwich

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"Lives well Lived" Celebrating the Secrets, Wit and Wisdom of Age, a documentary that celebrates the incredible wit and wisdom of adults 75 to 100 years old who are living their lives to the fullest, will be presented Thursday night at Greenwich Library.

After the film is shown, there will be a question-and-answer period with the film's director, Sky Bergman.

Bergman has said his film grew out of love and passion.

"I started filming my grandmother cooking about five years ago, when she was 99 years old," Bergman said. "I filmed her at the gym because I thought, no one will believe that my grandmother is still working out. I asked her if she could give me a few words of wisdom, and that was the beginning of this adventure."

Encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life. Their intimate memories and inspiring personal histories will inspire you.

- “You’ll laugh, you’ll cry, you’ll feel, you’ll see life in a new light after watching ‘Lives Well Lived’ no matter what age you are. This is a timeless and special type of film that rarely comes along. A real jewel... If there’s one film you really need to watch at this year’s SBIFF, this is it! Trust me when I say, you will leave that theater inspired.”

— *Oscar Flores, KEYT-TV ABC 3 – KCOY CBS 12 – KKFX FOX 11*

— *This article combines [an announcement](#) from the Greenwich Chamber of Commerce with other information.*

This is a cosponsored event between Greenwich Library and the Greenwich Commission on Aging.

If You're Going ...

- The film will start at 7 p.m., Thursday, Nov. 8 in the Cole Auditorium at Greenwich Library.
- Admission is free, but attendees have been asked to [register here](#).
- Greenwich Library is at [101 West Putnam Ave., Greenwich](#), off of Exit 3 on Interstate 95.
- Questions? Call Lori Contadino at (203) 862-6710.

Learn more:

[Official website](#) | [IMDb.com](#) | [Rotten Tomatoes](#) | [Metacritic](#)