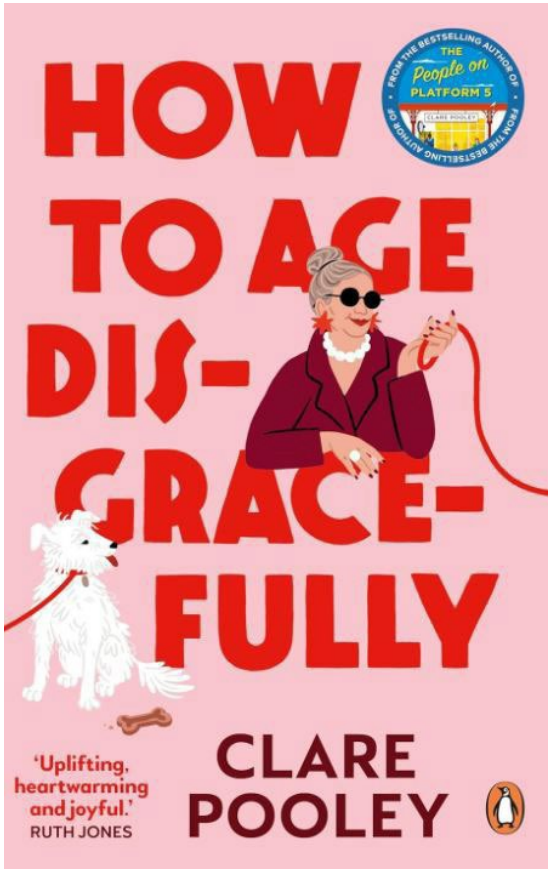
How to Age Disgracefully
by Clare Pooley

Martin County Library System Book Discussion Kit:

How to Age Disgracefully by Clare Pooley

Included in the Kit:

- Book summary
- Author biography
- Discussion questions
- Recipe suggestions



Book summary

When Lydia takes a job running the Senior Citizens' Social Club three afternoons a week, she assumes she'll be spending her time drinking tea and playing gentle games of cards.

The members of the Social Club, however, are not at all what Lydia was expecting. From Art, a failed actor turned kleptomaniac to Daphne, who has been hiding from her dark past for decades to Ruby, a Banksy-style knitter who gets revenge in yarn, these seniors look deceptively benign—but when age makes you invisible, secrets are so much easier to hide.

When the city council threatens to sell the doomed community center building, the members of the Social Club join forces with their tiny friends in the daycare next door—as well as the teenaged father of one of the toddlers and a geriatric dog—to save the building. Together, this group's unorthodox methods may actually work, as long as the police don't catch up with them first.

also available to download from Libby

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by Clare Pooley

Meet the Author



Clare Pooley graduated from Cambridge University and then spent twenty years in the heady world of advertising before becoming a full-time writer. Her debut novel, *The Authenticity Project*, was a *New York Times* bestseller, and has been translated into 29 languages. *Iona Iverson's Rules for Commuting* is her second novel; her third novel, *How to Age Disgracefully*, is forthcoming. Pooley lives in Fulham, London, with her husband, three children, and two border terriers.

Source: https://www.penguinrandomhouse.com/authors/2197506/clare-pooley/

Discussion Questions

1. This story is told from the perspective of four main characters. Which did you like the most and why?
2. The main characters in *How to Age Disgracefully* are a teenaged single father, a menopausal empty-nester, and two septuagenarians. Which of these stages of life do you think is the hardest to navigate?
3. When age makes you invisible, secrets are easier to hide. Is this true? Can you think of any examples?
4. Which of the characters in the novel do you think changes the most during the course of the story?
5. Art and Daphne are both criminals. Are there mitigating circumstances? Can you forgive them?
6. Ziggy also breaks the law—getting caught up in drug dealing. Why does he do this? Does he have any other choice?
7. We never meet Ziggy's mum. What are your impressions of her and her parenting?
8. Is Lydia's revenge on Jeremy justified and proportionate? Should she take him back?
9. In Clare Pooley's author's note she says that older characters in novels are often stereotyped. Is this true? If so, what are the stereotypes you've noticed?

Source: https://www.penguinrandomhouse.com/books/729893/how-to-age-disgracefully-by-clare-pooley/9780593831496/readers-guide/

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Recipes

English Tea Sandwiches

Ingredients:



- 8 oz. cream cheese, softened
- 3 tbs. mayonnaise
- 2 tsp. chopped fresh dill
- 1 tsp. chopped fresh chives
- 1/4 tsp. garlic powder
- salt & pepper to taste
- 1 English cucumber, thinly sliced
- 1 loaf white bread, crusts removed

Directions:

With a hand mixer, mix cream cheese and mayonnaise in a small bowl until smooth.

Stir in herbs, garlic powder and salt and pepper to taste. Spread the cream cheese mixture onto one side of each piece of bread. Thinly slice cucumbers. Layer over half of the bread slices. Top with additional herbs if desired. Top with remaining bread slice and cut each sandwich into 3 pieces. Serve immediately or cover and store up to 24 hours.

Source: *https://www.spendwithpennies.com/cucumber-sandwiches/*

Recipes Continuation

Marmalade Tea



Ingredients:

- 5 cups boiling water
- 1 family-size tea bag
- 1/2 cup orange marmalade
- 2 tbs. sugar
- 2 tbs. lemon juice

Directions:

Place tea bag into a saucepan. Pour boiling water over tea bag; cover and let steep for 5 minutes. Remove tea bag. Add in marmalade, sugar, and lemon; stir to combine. Strain mixture if you want or serve as is.

Source: https://www.food.com/recipe/marmalade-tea-78207