



Building a Writing Life at Midlife

G26100105

with Jayne Moore Waldrop

October 4-10, 2026

Welcome!

I'm excited to spend the week with you, and look forward to learning more about you and your writing journey. Whether you've long imagined the stories you want to tell or are just beginning to explore the possibility, making the commitment to write is the first and most important step in transforming your dream into reality.

This week, we'll focus on the craft and discipline of writing—the practice itself. Like any creative, athletic, or professional pursuit, consistent practice is how you grow, strengthen your skills, and build expertise. Whether you're mastering the banjo, learning to ice skate, or preparing a legal case for trial, progress comes through practice—and writing is no different.

I'll share routines and strategies that I learned during my MFA program and further developed on my own journey to become a published author. These habits encourage you to write regularly and frequently. I believe that steady



practice and dedication are fundamental for putting words on the page.
Blank pages don't fill themselves!

Our week together will focus on tailoring these routines to suit your personal needs, building your confidence and abilities, and empowering you to tell the stories you're passionate about, whether in fiction or nonfiction, prose or poetry. I look forward to sharing this part of your journey.

Warm regards,
Jayne

What to bring:

- Preferred writing tools – laptop, tablet, notebook and pen/pencil – your choice
- Blank composition book (the old school black-and-white cover kind works fine)
- Suggested books for reading assignments during our week together and for class discussions

Bird by Bird: Some Instructions on Writing and Life by Anne Lamott

On Writing: A Memoir on the Craft by Stephen King

Workshop Itinerary:

Sunday, October 4

3:00 pm Check in begins



We will gather after dinner for introductions and conversation about the class

Monday, October 5 – Thursday, October 8 workshop sessions

9 a.m. – noon

2-4 p.m.

Friday, October 9

9 a.m. – noon

We'll use our last session to read new work with helpful critiques

Weather permitting, we will incorporate time outside each day to inspire our writing.

Saturday, October 10

Check out & Departure