

New Year is an Opportunity for Change

What if you took that chance and did something really gutsy? What if you climbed a tall mountain; rode a camel across the desert; or went skinny dipping for the first time? Would this seem risky or adventurous; scary or thrilling?

We all have opportunities to change our routine – try something different. As we start the New Year, it's a time to pause and reflect. Have you always wanted to try a new fitness activity, a board game or learn a language? Now is the time to branch out, take the plunge, and expand your horizons. And you can accomplish each of these at the Newton Senior Center. If your desires go beyond the senior center and Newton, can you picture yourself in a new environment, with new people? Would you be able to take the leap? Try exotic food? Or converse with a stranger? Each of us has a certain comfort level with new activities. Some see change as a risk – not worth taking. Others seek new experiences.

In the movies, seniors have taken chances on new relationships, illegal activities and travel. From tilting windmills to solo fishing, fictional characters have sparked our imagination and desire for exciting new adventures. This winter, the video discussion group will explore how these seniors did things that we might term “gutsy” – took physical, emotional or situational challenges. The group will meet on 6 Tuesdays, beginning January 5th. We will meet in the library lounge from 1 – 3:30. For more information, please contact Kathy Laufer at 617-796-1663.
