



Phone: 973-635-4565

58 Meyersville Rd., Chatham, NJ

Website: [chathamseniorcenter.org](http://chathamseniorcenter.org)

Hours: Monday-Friday, 9AM-3PM

## SEPTEMBER 2023

With September around the corner, it is hard to believe that Autumn is fast approaching. Although there are many things I love about fall, I would like us to focus on a different kind of 'fall' – fall prevention. According to the CDC, more than one out of four Americans aged 65 and older fall each year. Falls are, in fact, the leading cause of both fatal and nonfatal injuries in the U.S. These stats can be disconcerting and, without a doubt, pose a serious threat to our safety, independence, and well-being. The economic and personal costs can be significant, not just for individuals, but for families and communities as well. The silver lining here is that falling is not an inevitable result of aging. Yes, age is a factor, but just one part of the equation.

With a few proactive lifestyle and environmental changes, we can significantly mitigate the risk of falls and ensure our safety. Regular Exercise: regular exercise can enhance your strength and improve your balance. Gentle activities such as tai chi, balance and chair exercises can have a substantial impact. At our center, we provide a variety of programs aimed at keeping you active and stable on your feet. Home Safety: Many home falls are due to hazards that are easy to overlook yet simple to correct. Loose rugs, clutter, poor lighting, and unsecured cords are common fall risks. Installations such as grab bars in the shower and secure handrails on stairs are essential safety measures. While some hesitate to implement these suggestions, remember that these preventative steps can significantly enhance your independence in the long run. Regular Health Check-Ups and Medication Reviews: regular check-ups as well as balance assessments are essential for maintaining overall health. Furthermore, certain medications can affect balance and coordination. It's important to regularly discuss your medications with your healthcare provider to ensure you're aware of potential side effects. Proper Nutrition and Hydration: adequate nutrition and hydration play a crucial role in fall prevention. When our bodies are well-nourished and hydrated, they are better equipped to keep us balanced and strong.

September 22nd marks Fall Prevention Day, and I invite you all to join us for a special program focusing on this critical issue.

-- Julie

**\*\*Save the Date:**  
**Fall Paper Shred Fundraiser**  
**Saturday, October 21, 9AM-Noon,**  
**Chatham Middle School.\*\***



## Spotlight: Santo Romano



*Santo Romano with some samples of his original artwork.*

From the moment you meet **Santo Romano**, it's hard not to smile. He's the sort of person who makes everyone feel welcome and special.

Of course, his positive attitude surprises no one who knows him; he's outgoing, energetic, and always greets everyone he sees.

Before he retired in 2005, Santo had a successful career in advertising and teaching. A talented fine artist and illustrator, he chose to major in advertising at Newark School of Fine and Industrial Arts (NSFIA) "because that's where the money was." One day while working in the artist bullpen of an ad agency, he got a call from a former college professor, Mildred Kaiser. She told him about a job opening she knew he'd be great at. That phone call turned into a 20-year career at Prudential where he was in charge of putting together two magazines every six weeks.

But Santo was never content to sit back with just his career. He liked to keep busy, and taught classes at various colleges, including Seton Hall and his alma mater, got married, and had three children. He won 36 major art awards and became Administrator of the NJ Art Directors Club. He continued to create his own artwork which has been displayed at public art shows, galleries, and museums – including his portrait of Elvis Presley that hung on the walls of Graceland after Lisa Marie and Priscilla Presley selected it from a pool of contest entries. He wrote a novel about growing up in Newark and entered a contest to design the NJ Motion Picture Association's promotion for the 1982 movie, "Annie" - and won. He was invited on set during filming and ended up in a parade scene. That turned into roles in 20 other movies, including "Wise Guys" with Danny DeVito and Joe Piscopo.

Sadly, the desire to keep busy was put to the test in May 2020 when his wife of nearly 50 years died. "We met during college," he said, and "two and a half years later, we were married." He continued, "When she died, it was during the pandemic, and I wasn't allowed to see her or say goodbye" even though she hadn't had COVID. "That was so difficult, and I was so angry." He could have drowned in his sorrow and holed up inside his house, but instead decided to join a grief support group. "I tried a couple of groups, but they weren't right, and then I heard about the group here at the Chatham Senior Center from my friend, Bruce Petersen. The group is tight knit, very close and very friendly. We grab strength from each other. That is one of the best parts of the group - and the Chatham Center - grieving people helping grieving people; making them feel

## Santo Romano

welcome." Group members have found comfort together - so much so they often go on walks and get dinner on Sunday nights. "It works," Santo said, because the group members all "have this one thing in common - we lost someone, and now we are there for each other because we understand."

And while the grief support group has been helping Santo, his greatest desire is to help others. "I want to make sure everyone knows about this group. I want to get the word out because I know how important it is." Santo encourages anyone who has experienced the loss of a loved one to check out the Center's grief support group.

***\*\*We're starting a second grief support group. If you know someone who'd be interested in attending, please call us at 973-635-4565.\*\****

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### August Event: Seashell Decoupage Class



# SEPTEMBER SPECIAL PROGRAMS

**\*\*All programs require a sign-up unless otherwise noted.\*\***



## Alzheimer's Caregiver Support Group Thursday, September 7, 10:30AM-Noon

This group meets on the first Thursday of each month and provides families and caregivers with the emotional support and education they need to better understand Alzheimer's Disease and other forms of dementia. A trained facilitator guides the group. Visit [www.alnj.org](http://www.alnj.org) to register and learn about additional programs, and call 973-635-4565 to sign up. Please note: this group is only for family/friends who care for someone experiencing dementia.

### Beginner Mah Jong Lessons Fridays, starting September 8, 1:00 PM

Start the fall off by learning the tile-based, strategy game of Mah Jong taught by Center staffer, Penny Sullivan. Lessons are free but a 2023 Mah Jong card is required. The cost is \$15. Call the Center to pre-order a card or you may purchase one at <https://www.nationalmahjonggleague.org/store>.



### Prepare Lunch & Thank You Cards for First Responders Monday, Sept. 11, 10:00 AM

Help us thank Emergency Responders on the anniversary of 9/11 by making lunches and thank you cards that we'll deliver that day. We are looking for 10 volunteers. Groceries & supplies sponsored by Pine Acres Healthcare & Rehabilitation Center, Madison



### Red, White & Blue Cupcake Decorating Monday, September 11, 1:00 PM

Join volunteer, Rosemary Biggs, to decorate some cupcakes in red, white, and blue. She will demonstrate some decorating techniques for flags or fireworks, but you can come up with your own designs. Cupcakes, frosting, and take-home gift boxes are provided. Free class.



### Playwriting, Acting, Directing & Design Class Tuesdays, September 12-October 10, 10:00AM-Noon

Led by the award-winning director, Anthony Caruso, Part II of this performing arts course, "The Dialogue for the Stage" begins this month.

Students will develop, write, and perform short scenes, with the final class culminating in a live performance at a local venue. No experience is necessary. You can sign up even if you did not participate in Part I of this program. This free theater arts program has been made possible by a grant from the Grotta Fund for Older Adults.



### The Importance of Estate Planning Wednesday, September 13, 12:30 PM

Bob Murray, Elder Law Attorney, The Murray Firm will be here to talk about the importance of estate planning. He will discuss wills, power of attorney, healthcare directives, living wills - and trusts. Lunch will be provided. Limited seating.



**Sing-Along with Barbara**  
**Thursday, September 14, 11:00 AM**

Follow the lyrics on the large screen and choose or suggest your favorite

song while participating in a sing-along with our volunteer, Barbara.

# Special Programs



## Baking Club Drop-Offs Friday, September 15, 9:30 AM

Anyone who enjoys baking and would like to share their favorites with Center members is invited to drop off their baked goods.



**The Beach Boys Story  
Friday, September 15, 1:00 PM**

The Beach Boys are one of the most influential bands of the Rock Era. We will follow in their footsteps as they create their unique sound that incorporates classical and jazz elements. From surf music ('Surfin' Safari') to hot rod classics ('I Get Around') to their baroque masterpiece ('Pet Sounds'), we will travel with the band as they help to define the Sixties. Presented by Vincent Bruno, Beatles Scholar and 60s Rock Historian.

Sponsored by Bayada Home Healthcare.

## Wellness Day Activities

### Monday, September 18, 11:30 AM

Embrace well-being by learning stress relief and breathing techniques from Karen Tom, PT, from Peak Physical Therapy & Wellness Center of Chatham. Free class.



### Diabetes: Don't Sugar Coat It

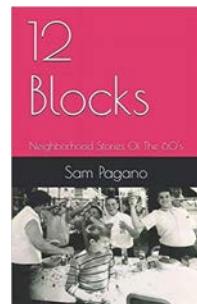
### Monday, September 18, 1:00 PM

The Visiting Nurses of NJ will be here to provide an overview on diabetes and the impact of sugar on managing the condition.

## Author Sam Pagano Here for Live Book Reading

### Wednesday, September 20, 1:00 PM

Sam Pagano is the author of "12 Blocks: Neighborhood Stories of the 60s." His book is about growing up in East Newark, playing stickball, kick the can, watching movies at The Warner Theater, and other nostalgic childhood experiences in that area. His stories have been published in The Star Ledger, The Daily Record, and Reminisce Magazine.



## Crafters Corner: Fabric Covered Bead Necklaces

### Thursday, September 21, 11:00 AM

Christine Fritsch will lead the Crafters Corner again this month. This time, you'll make a colorful necklace to wear or gift using fabric, beads, and simple knots. Limited seating.

**Welcome Back Party!  
Thursday, September 21, 12:30 PM**

Sponsored by Delaney on the Green.

We're having a party to celebrate the Center's reopening after the summer break. Live music. Light lunch. Limited number of seats.



## Fall Prevention Day

### Friday, September 22, 11:00 AM

**Sponsored by JAG One, Chatham, Runnells Center for Rehabilitation & Healthcare, and 101 Mobility.**

A fall can impact the rest of your life. Learn how you can prevent falls and modify your home to reduce the risk of a fall. You can also participate in balance and gait testing. A light lunch will be provided. Limited seating.



**Italian Lessons!**  
**Mondays Starting September 25,**  
**Beginner - 11:00 AM**  
**Intermediate - 1:00 PM**

Anna Rita Gregorini will be providing free conversational Italian lessons again. The 11:00 AM session is for true beginners and the 1:00PM session is for those with some knowledge.



**Tech Support**  
**Monday, September 25, Noon**

Get help with your devices along with educational tips and tricks on how to use your cell phone from a high school student who is pursuing her Girl Scout Gold Award.

**Sing-Along with Bill & Laura West**  
**Tuesday, September 26, Noon**  
**Sponsored by Lester Senior Living**

Bill and Laura are returning to play more music and lead us in a sing-along. Bagel lunch provided. Limited seating.



**Living with Dementia: A Conversation**  
**Wednesday, September 27, Noon**  
**Sponsored by Morris Plains Arbor Terrace**

Join us for a heartfelt conversation with Doreen Monk, RN, MSN, retired neuroscience nurse practitioner, who will share her personal story of living with dementia while highlighting reasons to be hopeful for all those who have cognitive impairment. Light lunch provided. Limited seating.



**September Birthdays**  
**Thursday, September 28, Noon**

**Sponsored by : Sunrise of Madison, Sunrise of Summit, and Brighton Gardens Florham Park**  
Enjoy some birthday cake before the movie and celebrate all the people who have birthdays this month! We wish to call out and thank Sunrise of Madison, Sunrise of Summit, and Brighton Gardens Florham Park for their continued and generous support of this ongoing event. They always make it such a happy and festive time and we really appreciate them!



**The Infinite Variety of Shakespeare's Women**  
**Friday, September 29, 1:00 PM**

This program concentrates on the variety of Shakespeare's female characters and the many ways they differ from each other. The program is 20% lecture and 80% performance, covering 8 characters beginning with Shakespeare's ingenues, moving to his leading ladies, comic bawds and finally to Margaret from Richard III. Presented by Ellen Barry, Actress, and past Producing Director & Actress at The New Jersey Shakespeare Festival, Drew University.

**Our regular programs appear on the following pages.**

**\*\*All programs require a sign-up unless otherwise noted\*\***

## **Men's Basketball**

**Monday, Friday, 10:00 AM**

Games are played in the Municipal Gym. The fee due for Q3, July-September is \$20. Players must scan in at the kiosk before heading up to the gym.

## **Line Dancing**

**Monday, 1:30 PM**

Instructor: Linda Hyland. Get some not-too-strenuous exercise and have fun while you're at it. Wear sneakers and loose clothing.

## **Pickleball**

**Tuesday, Wednesday, Thursday, 10:00 AM**

**Friday, 12:30 PM - Call Ahead to Check that Play is On**

The fee due for Q3, July-September is \$20. Join others in playing this popular game. Rackets are available to borrow by new players. Please note: you must scan in at the kiosk before going upstairs to the gym. **\*ATTENTION All Players New to the Game!\*** If you'd like to play pickleball at the Center and are new here, you must contact us in advance at 973-635-4565 so we can set up the required new player orientation which must be completed before you can begin playing.

## **Gentle Exercise Classes: Monday, Tuesday, and Thursday, 12:20 PM.**

\$8 per class. Instructor: Donna Sue Dowton.

**Monday: Balance, Flex & Stretch** - Class improves balance by increasing brain speed and eye tracking, and using a chair for stability. Seated and standing exercises improve body strength through use of hand weights and resistance bands.

**Tuesday: Gentle Stretch** - Class focuses on gentle stretching, improving alignment, posture, and reducing pain. The class is designed to move all your joints and stretch the entire body leaving you feeling relaxed and rejuvenated.

**Thursday: Balance, Flex & Stretch** - See Monday class description.

## **Intermediate Exercise Classes: Tuesday, Wednesday, and Friday, 9:00 AM**

\$8 per class. Instructor: Donna Sue Dowton.

**Tuesday: Balance, Flex & Stretch** - faster-paced class improves balance by increasing brain speed, eye tracking, and standing on uneven surfaces. Full body strength is improved using a variety of equipment seated, standing, and on a mat (optional).

**Wednesday: Intermediate Chair Yoga** - focuses on stretching, strengthening, improving alignment and reducing pain through seated and standing poses; students must be comfortable with some single-leg poses.

**Friday: Intermediate Cardio Strength** - improves cardiovascular endurance and muscle tone using a variety of strength equipment paired with steady, low impact movement. Exercises are primarily done standing.

## **Pet Therapy Dog Visit**

**Thursday, September 28, 11:30 AM**

Molly and her volunteer, Robert, will be here to visit with us.

## **Free Blood Pressure Screening**

**Thursday, September 28, 11:45 AM**

Appointment not required; walk-ins welcome Sponsored by Atlantic Rehabilitation Center.

## **Table Tennis**

**5 Days a Week, 12:30 PM**

Mondays, Wednesdays, and Fridays are for experienced players. Tuesdays and Thursdays are for those new to the game. Call in advance if you'd like lessons so we can make sure an instructor can be there on the day you want to come.

Paddles are available to borrow for the session.

**Tai Chi** classes will resume in October.

**\*\*All programs require a sign-up unless otherwise noted\*\***

**Grief Support Group - CLOSED GROUP**

**Tuesday, 10:00-11:30 AM**

Facilitated by Noelle Jensen, LCSW

This support group provides a safe and welcoming space to explore your experience with loss. Come to receive support and care as we share and learn about the stages of grief.

**Please note: we'll be starting a second Grief Support Group if there is sufficient interest. If you, or someone you know, would be interested, please contact the Center at 973-635-4565.**

**Connections Self-Discovery**

**Friday, 10:00 AM**

Facilitated by Noelle Jensen, LCSW

Participants have fun, learn about themselves and provide mutual support in this group.

**Women's Circle**

**Tuesday, 1:00 PM**

This is a social discussion group where women get to know one another by talking about issues of the day and other topics of interest to them.

**Men's Discussion Group**

**Friday, 10:30 AM**

Join the friendly, lively conversation about current events, and other issues, and share in the laughs over great coffee and pastries.

**Nifty Knitters**

**Wednesdays, 1:00 PM**

This knitting group has been busy at the Center for a number of years creating thousands of caps, blankets, and other items for donation to local hospitals and organizations. An active and social bunch, they welcome all knitters interested in participating in their cause.

Yarn and needles are available at the Center.

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**Canasta Lessons**

**Mondays, 10:00 AM**

*Instructor: Judy French*

**Chess Club**

**Mondays, 11:00 AM**

Join others who love to play chess.

**Bridge Lessons**

*Instructor: Rick Hartley*

**Beginners, Wednesdays, 10:00 AM.**

**Experienced Players, Thursdays, 10:00 AM. These lessons will resume in October. Existing students continue to practice in the meantime.**

**Beginning Mah Jong Lessons**

**Fridays, 1:00 PM**

See page 4 for details.

**\*\*All programs require a sign-up unless otherwise noted\*\***

### **Play Reading**

**Wednesday, September 6, 12:45PM**

Try your hand at acting by reading a part in a play. Roles and scripts are handed out at the session. Facilitated by Judy French. Sign up is required so appropriate scripts can be selected in advance.

### **Watercolor Classes**

**Thursdays beginning September 28, 10:00 AM**

Instructor: Philla Barkhorn

The fee is \$10 per class. No experience is necessary. Materials are provided for those who need them; feel free to work on your own projects during class. Call Center after Labor Day for class subjects.

### **Writing Workshop**

**Fridays 11:00 AM**

Instructor: Jenny Tananbaum

Try this fun, introductory class open to all types of writers. Through class discussion and writing exercises, setting, character, plot development, theme, dialogue, and more are explored. No experience necessary.

### **Book Groups**

#### **Nonfiction Book Group**

**Friday, September 29, 1:00 PM**

The book is "Prisoners of Geography: Ten Maps that Tell You Everything You Need to Know About Global Politics" by Tim Marshall. Books are available to borrow at the Center but must be signed out with a staff member first.

### **Fiction Book Group**

**Tuesday, Sept. 26, 12:45 PM**

The group will discuss "The Measure" by Nikki Erlick. All are welcome to join the discussion.

### **Films & Documentaries**

**Cosponsored by Ascend Health & Brookdale West Orange**

Call Center for titles.

**Documentaries**, Tuesday, 10:30 AM

**Weekly Movie**, Thursday, 12:30 PM

**Foreign Film** - No foreign film this month.



# SEPTEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>4</b>  <b>LABOR DAY</b> <b>CENTER CLOSED</b>	<b>5</b> 9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch-GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<b>6</b> 9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:45 Play Reading</b> 1:00 Nifty Knitters	<b>7</b> 10:00 Pickleball 10:00 Dup. Lite <b>10:30 Alzheimer's Care-giver Support Group</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>8</b> 9:00 Low Impact Cardio-INT 10:00 Men's Bskball 10:30 Men's Disc. Grp 10:00 Self Discovery 11:00 Writting Workshop 12:30 Table Tennis 12:30 Pickleball <b>1:00 Beginner Mah Jong Lessons</b>
<b>11</b>  10:00 Men's Bskball 10:00 Canasta <b>10:00 Sandwich &amp; TKU Card Prep for Emergency Responders</b> 11:00 Chess Club 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>1:00 Red, White &amp; Blue Cupcake Decorating</b> 1:30 Line Dancing	<b>12</b> 9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group <b>10:00 Playwrighting, Acting, Directing &amp; Designing Workshop (PADD) - Block 2</b> 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch-GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<b>13</b> 9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:30 The Importance of Estate Planning</b> 1:00 Nifty Knitters	<b>14</b> 10:00 Pickleball <b>11:00 Sing-Along with Barbara</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>15</b> 9:00 Low Impact Cardio—INT <b>9:30 Baking Club Drop-Offs</b> 10:00 Men's Bskball 10:00 Self Discovery 11:00 Writing Wksp 10:30 Men's Disc. Grp 12:30 Table Tennis 12:30 Pickleball <b>1:00 Beach Boys Story</b> <b>1:00 Beginner Mah Jong Lessons</b>
<b>18</b>  10:00 Men's Bskball 10:00 Canasta <b>11:00 Chess Club</b> <b>11:30 Wellness Day</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>1:00 Diabetes: Don't Sugar Coat It</b> 1:30 Line Dancing	<b>19</b> 9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group <b>10:00 Playwrighting, Acting, Directing &amp; Designing Workshop (PADD) - Block 2</b> 10:00 Pickleball 10:30 Documentary 12:20 Balance, Flex & Stretch-GENTLE 12:30 Table Tennis/NEW 1:00 Women's Circle	<b>20</b> 9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball 12:30 Table Tennis <b>12:45 Play Reading</b> 1:00 Nifty Knitters <b>1:00 Sam Pagano Book Reading</b>	<b>21</b> 10:00 Pickleball <b>11:00 Crafters Corner</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie <b>12:30 Welcome Back Party</b>	<b>22</b> 9:00 Low Impact Cardio—INT 10:00 Men's Bskball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp <b>11:00 Fall Prevention Day</b> 12:30 Table Tennis 12:30 Pickleball <b>1:00 Beginner Mah Jong Lessons</b>
<b>25</b>  10:00 Men's Bskball 10:00 Canasta 11:00 Bingo <b>11:00 Chess Club</b> <b>11:00 Beg. Italian</b> <b>12:00 Tech Support</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis <b>1:00 Int. Italian</b> 1:30 Line Dancing	<b>26</b> 9:00 Balance, Flex & Stretch-INT 10:00 Grief Support Grp-CLOSED Group 10:00 Pickleball <b>10:00 Playwrighting, Acting, Directing &amp; Designing Workshop (PADD) - Block 2</b> 10:30 Documentary <b>12:00 Sing-Along with Bill &amp; Laura</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:45 Fiction Book Grp 1:00 Women's Circle	<b>27</b> 9:00 Chair Yoga-INT 10:00 Beg. Bridge 10:00 Pickleball <b>12:00 Living with Dementia—A Conversation</b> 12:30 Table Tennis 1:00 Nifty Knitters	<b>28</b> 10:00 Pickleball <b>10:00 Watercolor Class</b> <b>11:30 Pet Therapy</b> <b>11:45 BP Screening</b> <b>12:00 Sept. B-Days</b> 12:20 Balance, Flex & Stretch—GENTLE 12:30 Table Tennis/NEW 12:30 Movie	<b>29</b> 9:00 Low Impact Cardio—INT 10:00 Men's Bskball 10:00 Self Discovery 10:30 Men's Disc. Grp 11:00 Writing Wksp 12:30 Table Tennis 12:30 Pickleball <b>1:00 NF Book Grp</b> <b>1:00 The Infinite Variety of Shakespeare's Women</b> <b>1:00 Beginner Mah Jong Lessons</b>
			<b>PAPER SHRED, SATURDAY, OCT. 21</b>	

Now that it's back-to-school season, the time of fresh starts and new beginnings, here's an article shared with us by Senior Center Board Member, Harvey Allen. It makes the case for revisiting past hobbies and sports like Table Tennis. We offer table tennis 5 days a week. Racquets and great instructors are available to help you get started. Give Table Tennis a try!



## Reviving Old Passions

Want to instantly erase the decades? Restart an old hobby

By CANDY SCHULMAN

**I**HOPPED back in the saddle—the cycling kind. I dusted off my bicycle, bought a new helmet and off I rode. I had forgotten the exhilarating feeling of the wind on my face. Experiencing it again was a joy.

“The confidence I felt at rediscovering a skill was intoxicating,” Melissa Kirsch, author of *The Girl’s Guide to Absolutely Everything*, wrote in *The New York Times*.

Kirsch returned to skiing, which led her to consider taking up the clarinet again. “It’s easy to fall into a trap of thinking we know ourselves,” she wrote. “It keeps us safe, convinces us we don’t require novelty, that we’re finished or nearly finished works. It’s not true, but sometimes we need reminders.”

Anita Isola’s family hiked together when her son was a child. Now 73, on

weekends Isola walks for hours in the woods of the Hudson Valley. “I call the walks nature baths,” she says. “It’s crucial I do it alone—I want to hear just birds, leaves and wind. It makes me feel emotionally refreshed, less burdened.”

Nature can reduce stress and improve your mood, research shows. But indoor hobbies also have benefits. Deborah Davis studied dance from age 6 to 16. She put on tap shoes again at 70 and started taking classes, first in person and now on YouTube. “I

feel a rush of excitement and the joy of movement,” she says. “The music takes over. I feel 12 years old again.”

Kate Walter abandoned her guitar because she struggled to tune it. At a Christmas dinner in New Jersey, her granddaughter showed her *GuitarTuna*, an app that pings when an instrument’s strings are tuned. It spurred Walter to buy herself a ukulele for her 74th birthday. “It’s relaxing, especially in winter, when I’m indoors.” She strums and sings to Hank Williams and Creedence Clearwater Revival.

Retirement is a perfect time to rediscover activities.

Fred Sachs, 77, played Ping-Pong as a teenager and young adult. “I didn’t have the opportunity to play for over 40 years,” he says. Vacationing in New Jersey, he and his friends went to the condo Ping-Pong room in the afternoons, playing up to five days a week. “We felt like youngsters again,” Sachs says. “It’s a nice workout and it’s fun. I enjoyed ‘winning’ again.”

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