

## Killington Active Seniors January 2018 Newsletter

### CHEERS

To a New Year and another  
chance for us to get it right.

### OPRAH

**HAPPY NEW YEAR!** Recently, one of the featured articles on a popular national magazine's front cover was Change Your Life in 31 Days. Another feature to be found inside was 5 Easy Tips to Look Younger. Since this is the season for New Year Resolutions I was tempted. It seems that to change our life we only have to clean our phones, do burpees, have a facial and any number of other things that I was not impressed with. However, I did read all 31 suggestions and did like the very last one which was to give ourselves a compliment. The directions were to say "Today is my day. I'm thankful for me" and to say it every day. Apparently positive self-talk can help you focus on the good in your life. Vitamin G (gratitude) can make you feel happier and more satisfied and even improve your sleep. The tips for looking younger suggested we get rid of blotchy redness and dry hands plus some other things but I think if we all start wearing a big smile that will help too. And just think.....the whole town will wonder why the Killington Active Seniors always have a smile on their face.

As for my own New Year's Resolution I am going to try to have more "lovely days" this year than not-so-lovely-days. This is how I am going to do it.....smile at strangers, slow down, say thank you, give lots of compliments, dress nicely, wear perfume, observe and listen, be charming, laugh and wish others a lovely day. My youngest daughter found this while visiting over the holidays. I had forgotten that I had saved it from someplace years ago. This is the same daughter, who always gives me a book for Christmas. This year she chose **The Little Book of Hygge** by Meik Wiking. That is the book that I told you about last month. Good luck with all of your resolutions.

Remember that our weekly lunches are now on Tuesdays. On Tuesday, January 16<sup>th</sup>, Steve Finer is going to talk about the importance of the Citizens Assistance Registration Form. He will also say a few words on when to call 911 and what exactly happens when we do. Please try to attend and gain some useful information.

The winter semester of OSHER Life Long Learning starts on Friday, January 5<sup>th</sup>. Karen Bowles, Noreen Binder and myself are on the Board of Directors and we are looking forward to an excellent semester. The January lectures always follow the theme of "Here's to Your Health". We will cover Neuroplasticity, Genomic Medicine, Sleep Disorders and Opiate Hazards, February's theme is Vermont, Ever-Changing and will talk about the Interstate Highway System, Cultural and Environmental Issues, Freaks Radicals and Hippies and the Story of Political Change in Vermont. March is devoted to art. Monet, Rembrandt, The Fleming Museum of Art and Andrew Wyeth will all be the subjects of lectures. Remember, these lectures are held on Fridays at the Godnick Adult Center, start at 1:30 pm and end promptly at 3:00 pm. Admission is \$5 per lecture or you can purchase a membership for \$40 which entitles you to attend other OSHER lectures around the state. For more information please call 422-2921.

The selection for the Book Club for December and January is **Mr. Dickens and His Carol** by Samantha Silva. The discussion for this book will be on Tuesday, January 30<sup>th</sup> at the library.

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January movies are as follows:

Monday, January 8 Victoria & Abdul  
Monday, January 15 Battle of the Sexes  
Monday, January 22 The Mountain Between Us  
Monday, January 29 Goodbye Christopher Robin

Don't forget to save the date of, Saturday, February 10, for "SIP & SPELL" to be held at the Summit Lodge. This is a spelling bee for adults and you can eat, drink and cheat while having fun with your friends. There will be more information on this as the event gets closer but I can tell you that it is a fund raiser for the Vermont Viking Invasion to be held at the library in September. This invasion is one of only two held in the United States. The other will be in Texas, so it is something to look forward to.

The answer to last month's riddle is a leg. Remember.....I do not breath, but I run and jump. I do not eat, but I swim and stretch. I do not think, but I grow and play. I do not see, but you can see me every day. This month's riddle is What has cities, but no houses? What has forests, but no trees? What has water, but no fish?

Remember the following and join in if you can. Everyone is welcome.

Bone Builders Mondays and Thursdays at the library 10:00 am 422-3368

Lunch at the Lookout every Tuesday \$5 donation

Bridgewater Church breakfast Saturday, January 13 \$5 7-9 am

HAPPY NEW YEAR to everyone. Because of all of you I am looking forward to a new year but I'm not sure I want a new "me". I am happy just where I am.

Best Regards  
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