



## **Downtown 3**



**Union Square Green Market**

## **January**

### **New Year's Resolutions 2015**

Everyone shared their thoughts about what they wanted to have happen in their lives in 2015.

- There were those who wanted to take better care of their health by losing weight, getting fit, and eating better.
- Some wanted to meet new friends, others get out to nature more.
- One individual thought the most important thing was not to make rigid resolutions but keeping them. Her point was not denial but the delaying of gratification.
- Several members were interested in pursuing more creative activities to round out their lives.
- One participant did not make any resolutions because she would not keep them.

## **February**

### **What is your individual creativity and how do you express it?**

Since we've all had a lifetime of experiences, with changing priorities and interests as we move through the various phases of our lives, our group was curious to learn what our members are doing now to express their creativity.

- Making personalized Christmas cards
- Allowing new experiences
- Reinventing themselves
- Changing interests or trying different things periodically
- Trying to keep amused and productive

- Bringing antagonistic people together – Getting to “yes”
- Out-of-the box problem solving
- Writing short stories and acting
- Writing surveys