

#### Downtown 3



Union Square Green Market

# **April 2015**

#### Three Questions

Here is a sampling of the responses members made to the following questions.

## What do you no longer want to do?

- Some members are not interested in physical sex but interested in relationships;
  flirting is still fun;
- Maintain toxic relationships;
- Do not want to go to the gym anymore, but realize it is necessary to continue in order to maintain strength and stamina.

### What can you no longer do that you would still like to do?

- Two members miss playing tennis;
- Can no longer walk for miles;
- Have a sharp memory.

### What is of central importance now, and can it make a difference?

- Understanding that change is still possible For example, physical therapy, exercise, and setting new goals;
- Healthy transition—not opting for late nights;
- Volunteering:
- Travel;
- Relationships with family;
- Music:
- Rent stabilized apartment to stay in NYC;
- Setting my own pace to make life more relaxing.



# **May 2015**

## Have the qualities you looked for in a friend changed over the years?

- Our needs change over the years. Friends, when we were young, were all things to us. As we grow older, we have more "situational" friends- to go to dinner, the theater, and so on. When young, friends were in every part of our lives.
- The spontaneity of calling up someone the last minute to see them or dropping over someone's home has long gone. Everyone is scheduled.
- The lack of contact with neighbors in NY was seen as an issue for older people.
- The need to be pro-active in meeting friends was important.
- One member suggested throwing a brunch for the neighbors on your floor as a way of getting to know them.
- Everyone expressed the view that the social aspects of TTN were a big draw in their joining.