



## **Downtown 2**



**Union Square**

### **March**

***This was the first gathering of members of the newest Downtown group.***

### **Positive Aging**

What do you do to maintain a positive attitude toward aging?

- One member, who retired twelve years ago, auditioned nine years ago to dance for the (then) New Jersey Nets (now the Brooklyn Nets). She won a slot on the dance team and has been dancing during games and events ever since.
- Another member indicated that she's too busy doing the things she enjoys to dwell on the fact that she's getting older.
- A third member, who retired from a very demanding job that left her with very little free time, now spends her time going to the theater, visiting museums, dining out – and often with friends she's made through TTN.