



## **Upper West Side 2**



**116<sup>th</sup> St. Subway Station**

### **December**

#### **Five Things I Can't Live Without**

At this time of year, we can get very caught up in gift-giving and materialism. But what do we really value? These things have become so important to them that we wouldn't want to live without them:

- A pair of shoes so comfortable that walking is possible again
- Time spent in nature
- Solitude
- Reading books
- Walking a mile a day
- Honesty
- The goodness of strangers
- A physician one can trust
- Friends and family

### **January**

#### **Goals for 2015**

Members made an important distinction between goals and resolutions. Goals are not exactly like resolutions, for example, there is less pressure to make them happen. And goals needn't be onerous -- they can be dreams to be achieved.

- Improving budgeting and spending habits
- Attending more movies
- Brushing up on high school French
- Getting a volunteer job in the international sector

- Taking a trip to Cuba
- Cleaning out accumulated “stuff”
- Making end-of-life arrangements
- Improving balance
- Taking more and longer dog walks.

## **February**

### **Friendship**

Friendship is almost universally desired, but can often be complicated. Meeting people, developing trust and affection, and working to maintain a connection may be more difficult now. Here are some points to keep in mind.

- Death, illness, and distance can bring long and cherished relationships to an end. It can be even more upsetting when a friendship ends because of a disagreement or fight, because it feels like a failure
- Social media, Skype and phone calls are good ways to maintain a connection and awareness of what’s going on in our friends’ lives, even if we can’t see them in person
- Some friendships are “situational” and when that situation ends or changes, so may the relationship
- Having younger friends offers diverse and interesting experiences
- Volunteering and part-time jobs are a good way to meet new people with similar interests and goals
- For the “unfamiliar,” friendship takes on deeper meaning because it is the primary support network.