

## Upper Westside Afternoon



Museum of Natural History

## May 2015

### Summer Activities Members Enjoy in the City

The following were added to our list from last year:

- SeniorPlanet.com and New York Times lists are great sources
- Restaurants at 79th Street Boat Basin, at 70th and Riverside Pier, at 105th Street by the Hudson River, and 125th Street by the Hudson River.
- Roosevelt House in Manhattan
- Four Freedoms Park on Roosevelt Island
- Governor's Island
- Ferry to Red Hook. (If going to Ikea, it may be free; board at South Street Seaport)
- Ferries to Sandy Hook and Brooklyn Flea
- City Island
- Staten Island
- Visit neighborhoods you don't know in the other boroughs
- Reading. Recommendations included: Excellent Women by Barbara Pym, Truth and Beauty and This is a Happy Marriage by Ann Patchett, the anthology, Africa 39, Poisonwood Bible by Barbara Kingsolver, The Invention of Wings by Susan Monk Kidd, Still Life with Bread Crumbs by Anna Quindlen, Me Before You by Jojo Moyes, Cutting for Stone by Abraham Verghese; All the Light You Cannot See by Anthony Doerr
- IDNYC card gives free access to many museums:  
[www.1.nyc.gov/site/idnyc/about.page](http://www.1.nyc.gov/site/idnyc/about.page)
- The American Alliance of Museums can also give you a card that provides free admissions to museums around the county. Apply at- [membership@aam-us.org](mailto:membership@aam-us.org)



## **June 2015**

### **Self-Image - Positive or Negative?**

Members asked a series of questions touching on two topics.

#### **General questions:**

- What issues or situations contribute to a positive or negative self-image?
- Has your self-image changed over the years- if so, how? When?
- What affects your self-image nowadays?
- Who or what influenced your self-image?

#### **Related topic – Clothes and/or Accessories**

- Do they influence how you feel about yourself; any item in particular?
- Do you ever assess others by how they dress?

#### **Summary-advantages and disadvantages**

- We are not as affected by the *shoulds* of media
- *Rules* of dress are much more flexible than when we were young
- Who we are, our essence, is more important than looks, but we can feel invisible- or worse, sensitive about signs of aging, i.e., grey hair, canes, hearing aids etc.