

August 24, 2020

The Quest to Be Happy

by Carol Marak

<https://seniornews.com/the-quest-to-be-happy/>

People put a lot of energy into being happy and joyful. I for one seem to obsess about the emotion. In my Facebook group, members express concerns about finding happiness and many seem to discover it. In general, people want financial stability, good health, money in the bank, food on the table, good friends, an interesting hobby or two, and satisfying activities. That's not a lot to ask for, right? The Quest to Be Happy

So, why do so many struggle to find it? Over the years, I've learned that the word, happy, can deceive us. If I judge my happiness based on a perception of others' success will sabotage I ever achieve it.

What I've found is that some truly believe that happiness is like a gene and whether you're born with it or not, depends on your birth status, and heritage. That's very far from the truth.

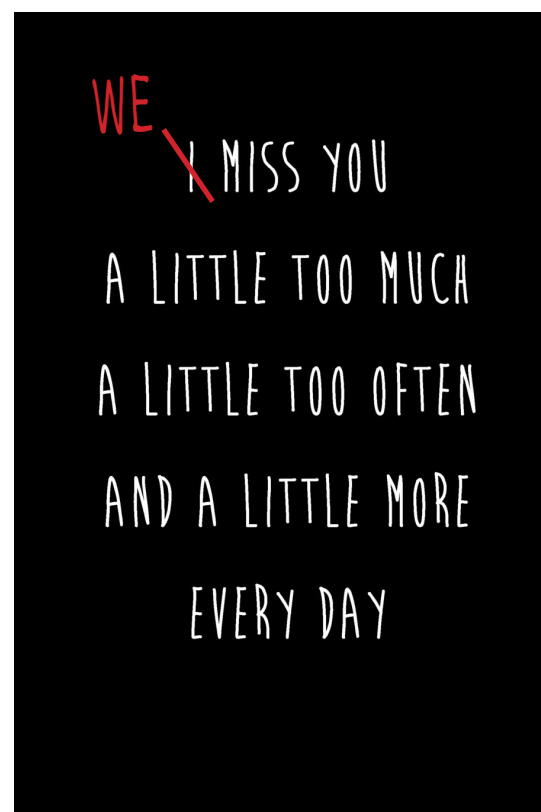
While others embrace a mindset of positive thinking, I favor this strategy over any other. However, those who suffer from mental illnesses like depression will argue, rightfully so. For them, the brain cannot work correctly and create happy feelings due to a chemical imbalance. It is a disability. And please don't think that an unhappy depressed person is just not doing enough. Unless you've ever experienced depression, it's hard to grasp.

If you want to find consistent joy and happiness, or contentment, here are a few skills that I've learned to apply:

- Be grateful for what I have and not focus on what I don't have. The biggest lesson for me is to be thankful. Each day I take a few minutes to list a few things I'm grateful for in life.
- Don't compare yourself to others. A very deceiving influence. A savvy therapist once told me, "A situation is never as it seems. If you'd walk in their shoes, you'd see an entirely different side."
- Give to others. People are self-absorbed and crave for attention and connection. So, my favorite is to greet a person with a smile no matter where I am; out on a walk, shopping, or
- Do the things you enjoy or learn how to do the things you want to do. Go back to school or take a class if it requires a skill. For me, it was writing. It's taken a couple of years and a few classes but I'm doing it.
- Change your life if you can. For years, I've yearned to live in a walkable community. After much deliberation and forethought, I live in a place that fits me and how I want to live.
- Forgive those who have hurt you or tries to control you. And more importantly, forgive yourself for the mistakes you've made. Ask those you have hurt to forgive you. Then, let it go.

In this issue:

Informative Articles
Fall Senior Recreation Information
At Home... Activities, Crafts, Exercise
and a few laughs!



FORGETFULNESS

Normal or Not?

Many people can become more forgetful as they age.

How can you tell the difference between

**mild
forgetfulness**



**serious
memory problems**



like Alzheimer's disease?

See what's typical and what's not:

NORMAL AGING

- Making a bad decision once in a while
- Missing a monthly payment
- Forgetting which day it is and remembering later
- Sometimes forgetting which word to use
- Losing things from time to time

ALZHEIMER'S DISEASE

- Making poor judgments and decisions a lot of the time
- Problems taking care of monthly bills
- Losing track of the date or time of year
- Trouble having a conversation
- Misplacing things often and being unable to find them



Although some forgetfulness comes with age, don't ignore changes in memory or thinking that concern you.

Talk with your doctor if you notice you have more serious memory problems than normal.



Visit www.nia.nih.gov/understanding-memory-loss for more information about forgetfulness and memory loss.



Shape the

future

of your community.

United States
Census
2020

Respond today at <http://my2020census.gov/>



SAVE THE DATE

United Seniors of Oakland and Alameda County Hosts
17th Annual Healthy Living Festival (HLF)
Thursday, September 17, 2020
(Remote by Video)
10:00 am - 1:00 pm
More details and logistics to come.

“Promoting Health and Wellness for Over 60 Adults”

To collectively take action to improve the quality of life for Alameda County seniors.

For more information

Contact United Seniors Oakland and Alameda County
at 1 (510) 729-0852

Or email mary@usoac.org or visit www.usoac.org



zoom

Thinking of joining one of our Zoom activities but you don't know how to use Zoom? Check out this informative YouTube video about joining a Zoom meeting for the first time!

614. Zoom meetings: how to join for your first time



GeeksOnTour.com

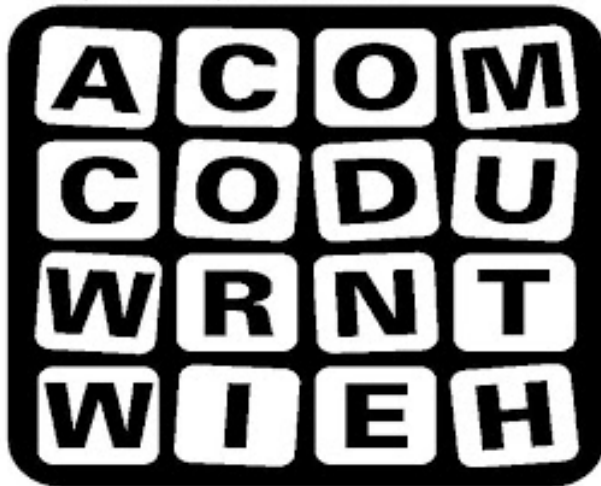
<https://www.youtube.com/watch?v=kh50kValdAY>

Boggle[®] BrainBusters!

By David L. Hoyt and Jeff Knurek



INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.



BOGGLE[®] POINT SCALE

- 3 letters = 1 point
- 4 letters = 2 points
- 5 letters = 3 points
- 6 letters = 4 points
- 7 letters = 6 points
- 8 letters = 10 points
- 9+ letters = 15 points

YOUR BOGGLE[®] RATING

- 151+ = Champ
- 101-150 = Expert
- 61-100 = Pro
- 31-60 = Gamer
- 21-30 = Rookie
- 11-20 = Amateur
- 0-10 = Try again

Boggle[®] BrainBusters Bonus

We put special brain-busting words into the grid of letters. Can you find them?

Find **FOUR THINGS THAT CAN BE "OPENED"** in the grid of letters. Write your answers below.

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www.bogglebrainbusters.com

YouTube Craft



Channel: Basteln mit Kindern

https://www.youtube.com/watch?v=JvTfBHIO-_o

Exercise

YouTube

10 MINUTES OF EXERCISE FOR SENIORS

<https://www.youtube.com/watch?v=4E5E-sr0Hww>

3 STRETCHES FOR SCIATICA PAIN

<https://www.youtube.com/watch?v=8f1KspoMdVE>



think
POSITIVE



Positivity



Smile =

P R H R Z E W Y Q G W Y K W O Y W R C U
C G W R T R Q B S X H Z H K H T E A A T
H L N Q M P O S I T I V I T Y S S G L E
A T C I D W Y U R G X C A P P P U N M G
L L R S Y T K O Z R J P M E K N P I V C
L B P O E L W R K O M A C A D O P P E K
E R T F F T L I O E S T F E Q D O O T X
N R A X S F N U B W R C R V A V R C A T
G S E U Z D E P B H M S D S T Y T F R R
E R R S N S V N O I T A C I N U M M O C
I T O E I K U P L A T W E W H S D Z B A
G M S W A L C T N G X N H T Y D O O A U
I S P A H G I D G N I R A C E N D Q L Q
Z D L R Y X I E C I T C A R P E W C L S
W M Z E O N M I N D S E T K L I K C O M
B K T O G V V G C T E K T F H R R C C A
O A X G D Y E M O F X H D Q K F U G W E
H I Z A M B F J R Y K N U V E A G D U A
E U Q L A U G H H D V Z G S B R G P Z L
G U D G O E H U X J L Q V M N D F S U Z

ANTIBULLYING
CHALLENGE
COPING
FRIENDS
KINDNESS
POSITIVITY
RESPECT
TEAMWORK

CALM
COLLABORATE
EFFORT
GROW
LAUGH
PRACTICE
SAFETY
TRUSTWORTHY

CARING
COMMUNICATION
EMPATHY
IMPROVE
MINDSET
RESILIENT
SUPPORT
UNDERSTANDING

Clark W. Redeker Newark Senior Center Fall Activities. Register now...

Click on activity to register online or complete and mail the provided registration form with payment.

Virtual Activities: Participants must have access to a computer with internet capabilities and know how to use Zoom.

Zoom link will be emailed to registered participants prior to start.

Free Virtual Morning Stretch with Jessica!

Get up and get moving with a 20-minute stretch with our very own Jessica!

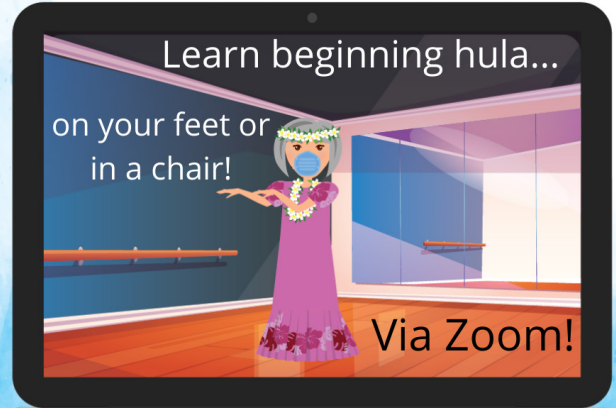
Age Day Date Time
55+ Wed 9/2-12/16 10:00am
Via Zoom!



Pre-registration Required!

Virtual Hula Classes

Learn beginning hula...
on your feet or
in a chair!



Via Zoom!

Age Day Date Time
55+ Tue 9/8-12/17 12:00pm
Instructor: Janice Gonzalves

Pre-registration Required

NEWARK
Recreation
and Community Services

Trivia

- When did the Senior Center open? 20 Points
- Who was the 23rd President of the US? 20 Points
- who was Newark's first elected Mayor? 20 Points



Virtual Trivia WITH NICK!

Join Recreation Supervisor, Nick Cuevas, for a 55+ Virtual Zoom Trivia Game! Compete against others from the comfort of your home! There will be a wide variety and themed trivia questions each session! Participants must have access to a computer with internet capabilities and know how to use Zoom.

FREE FOR SENIORS!

Pre-Registration Required
Starting Tuesday, September 1, 2020 10:30 AM

Information: Nick Cuevas, Recreation Supervisor
510-578-4432 or nicholas.cuevas@newark.org

Clark W. Redeker Newark Senior Center Fall Activities. Register now...

Click on activity to register online or complete and mail the provided registration form with payment.

Parking Lot Activities: Held at the Silliman Activity Center Parking Lot, 6800 Mowry Ave.

Drive-Thru/Tailgate ICE CREAM SOCIAL

Thursday, 9/24, Arrive between 1:30pm - 2:00pm

Free of charge for Seniors

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot



All participants must wear a mask. Grab and go... eat your ice cream in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Parking Lot BINGO

Arrive between 12:00pm - 12:15pm

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Drive up and purchase your pack and optional daub tickets (cash or check written to NBC, no credit card payments)

Birthday BINGO: \$10/ten-game pack. Payout: \$30/regular games, \$75/blackout.

Regular BINGO: \$7/ten-game pack. Payouts: \$25/regular games, \$50/blackout.

Optional Daub Game: \$1 ea. Payout: 50/50 split.

All payouts will be split if multiple winners. Location: Silliman Activity Center Parking Lot BINGO will be canceled due to rain.

All participants must wear a mask. Play from your car or bring a chair. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff/volunteers.

Age	Day	Date	Time	10-game pack
55+	Th	9/3	12:00pm	\$10
55+	Th	9/17	12:00pm	\$7
55+	Th	10/1	12:00pm	\$10
55+	Th	10/15	12:00pm	\$7
55+	Th	11/5	12:00pm	\$10
55+	Th	11/19	12:00pm	\$7



DRIVE THRU/TAILGATE LUNCH AND COSTUME CONTEST

Thursday, 10/29, Arrive between 12:00pm - 1:00pm

\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in.

Grab and go... eat your lunch (Chicken Caesar Wrap) in the car and bring a chair and join the parking lot tailgate.

If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Wear a costume and participate in the tailgate costume contest. Prizes will be awarded!



Senior Ages 55+

Social Distanced Paint Day

Friday, September 18th

1:00-3:00 pm

Silliman Center Parking Lot

6800 Mowry Ave. Newark.

\$10 per person

All supplies included

Bring your own snack to enjoy while painting!

Pre-registration required

Register online @ www.newark.org



Drive Thru/Tailgate Friendsgiving Lunch

Monday, 11/23, Arrive between 12:00pm - 1:00pm

\$5/Senior

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Location: Silliman Activity Center Parking Lot

All participants must wear a mask at check-in. Grab and go

or... eat your Lunch (Thanksgiving Turkey Sandwich) in the car and bring a chair and join the parking lot tailgate. If you don't have a chair, we will have some on-hand. For your safety, you must sit at a safe social distance in the parking lot as designated by staff.

Email your favorite Thanksgiving Recipe to cheryl.galvez@newark.org by 11/2 to be included in a recipe exchange.



ONLINE... at newarkca.activityreg.com or scan the QR Code

MAIL... registration form and payment to "City of Newark":
Silliman Activity & Family Aquatic Center
6800 Mowry Avenue
Newark, CA 94560



PHONE IN REGISTRATIONS ARE NOT ACCEPTED.

Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: _____ Birth Date: / /

Day Phone: _____ Cell Phone: _____

Email Address: _____

Address: _____ City: _____ Zip: _____

Emergency Contact Name: _____ Phone: _____

Participant: Name	Birth Date	Gender	Class Name, Date and Time	Fee
_____	/ /	M F	_____	\$ _____
_____	/ /	M F	_____	\$ _____
_____	/ /	M F	_____	\$ _____
_____	/ /	M F	_____	\$ _____

Voluntary donation to the Recreation Scholarship Program: \$ _____

Total: \$ _____

Release of Liability: I understand that my (or my minor child's/ward's) participation in any City activity is voluntary. Further, I understand that participation can be a hazardous activity. By signature below, I agree that neither I, my successors, assigns, nor anyone acting on my behalf will hold the City of Newark, its officers, agents, employees, or volunteers liable for any injury, accident, or illness arising out of my (my minor child's/ward's) voluntary participation in the above named program/activity. I hereby release the City of Newark, its officers, agents, employees, or volunteers from and against any and all claims, cost liabilities, expenses, or judgments, including attorney's fees and court costs arising from my (my minor child's/ward's) participation in the program/activity or any illness/injury resulting therefrom, and hereby agree to indemnify and hold harmless the City of Newark, its officers, agents, employees, or volunteers from and against any and all such claims, whether caused by negligence or otherwise.

I further understand that the City of Newark is not and will not be responsible for Workers Compensation benefits as a result of any injury or illness due to my (my minor child's/ward's) voluntary participation in this activity.

The City of Newark reserves the right to photograph facilities, activities, and program participants for potential use in advertising brochures, department social media, and the City's web page. All photos will remain the property of the City of Newark.

Signature of Participant (or Parent/Guardian, if under 18)

Payment: _____ Check or Money Order made payable to the "City of Newark"

_____ Charge VISA/Mastercard... Card #: _____ - _____ - _____ Expiration: _____ / _____
month/year