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.
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.


Shape the future of your community.

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
Exercise

10 MINUTES OF EXERCISE FOR SENIORS

https://www.youtube.com/watch?v=4E5E-sr0Hvw

3 STRETCHES FOR SCIATICA PAIN

https://www.youtube.com/watch?v=8f1KspoMdVE
think
POSITIVE

Positivity

smile

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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!

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Virtual Hula Classes

Learn beginning hula on your feet or in a chair!

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

Via Zoom!

Pre-registration Required

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Trivia

### 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

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
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 or... 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)
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.

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

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 or... 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!

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.
Newark Recreation and Community Services Registration Form

Adult/Main Contact Name: ___________________________ Birth Date: / / __

Day Phone: ___________ Cell Phone: ___________________________

Email Address: ___________________________ City: ________ Zip: ________

Address: ___________________________ Emergency Contact Name: ___________________________ Phone: ___________

Participant: ___________________________ Birth Date: / / __ Gender: M F

Class Name, Date and Time: ___________ Fee: $ ________

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 (or 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 (or 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 (or 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: / / ___________