

# SENIORS ON THE MOVE NEWSLETTER

January 2021

*"You'll never get bored when you try something new. There's really no limit to what you can do!"*

*Dr. Seuss*

## New for 2021!



Traveling with us multiple times a year? Save \$\$\$ and travel all year long - join the **Day Tripper's Club!**

- Lowest Registration fees
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For more information about this brand new program, call: 515-225-1455

## You're Only as Old as You Think

By: Temma Ehrenfeldt | [YourCareEverywhere.com](http://YourCareEverywhere.com)

The kids are long gone. The grandchildren visit ... and, thankfully, leave.

You've retired. You've downsized. You travel now. You do things you used to do when you were young: dance, take things way less seriously, and look forward to the next interesting thing that's coming. Maybe you've gotten that tattoo you always wanted and are riding around on a Harley. Or maybe you're happy drinking your coffee and watering your plants.



*"Forget the myth of the grumpy old man. People get happier with age."*

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## Upcoming Event

REGISTRATION REQUIRED

**February Lunch-n-Learn - Medicare Changes in 2021**

**2 Sessions: Thursday & Friday Feb. 10 & 11th**

**11:15 a.m - 1:00 p.m.**

at Christ-Life Center, 1900 NW 86th St., Clive

**Come meet our newest Affiliate Member, Joe Evans of Medigold, and find out what's new for Medicare this year - plus a delicious lunch!**

To Register please call us at 515-225-1455.



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## You're Only as Old as You Think

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People tend to get happier with age, though we often think the opposite. In a 2008 telephone survey of nearly 341,000 adults in the U.S., people reported **less anger and worry after the age of 50**, regardless of whether they were employed, or had romantic partners or children at home.

*Older people focus more on the positive and are better at predicting how they will respond to certain circumstances, which allows them to make happy choices.*

They are also **better able to appreciate daily life** — rather than one-time events, which are more prized by the young, according to Brown University. The authors concluded, people feel happy when they engage in activities that they consider self-defining. If in youth, we look for excitement to test ourselves, eventually those questions are answered, and we define ourselves by daily activities.

As Laura Carstensen, director of the Stanford Center on Longevity, writes in *"A Long Bright Future,"* "Over time our attention shifts towards **savoring time** that is left, and we focus on a smaller set of goals and a highly selected group of loved ones. Staying engaged in rewarding hobbies or work may be key."

Her advice for making the most of the second half of life? "Challenge yourself to **learn new things**. Learn a language. Take up the violin. Crossword puzzles and computer games aren't going to do the trick. You're retrieving information you've got in memory. Learning, though, seems to change the brain – it seems to improve resiliency," she says. Also, get 30 minutes of **exercise** a day and **maintain your relationships**. But if you're in your happier older years, you've probably already figured this out.

Part of your new-found wisdom may be rejecting the stereotypes of grumpy forgetful oldsters. A majority of Americans age 50 and up say they feel younger than their age, which suggests that they're feeling pretty good!

# Give us a try.

## Complimentary class & BEMER sessions

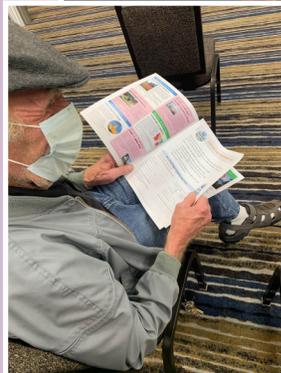
To schedule contact Barb at [barbworkout@gmail.com](mailto:barbworkout@gmail.com) or call (515) 770-3844.



Some restrictions apply.

## 2021 Day Tripper Roll-out

It was wonderful seeing all of your safely masked faces for our 2021 Day Tripper Roll-out in November! We can't wait to travel with you this year!



## Classic Scotcheroos

*Chances are, as an Iowan, you've had a scotcheroo, but if not, today's your day!*

- |                                 |                                 |
|---------------------------------|---------------------------------|
| <b>1 cup</b> Sugar              | <b>1 tsp</b> Vanilla extract    |
| <b>1 1/3 cup</b> Lt. corn syrup | <b>6 cups</b> Rice Krispies     |
| <b>1 1/3 cup</b> Peanut butter  | <b>1 cup</b> Chocolate chips    |
|                                 | <b>1 cup</b> Butterscotch chips |

- Grease a 9x13" pan and set aside, then, in a large saucepan, add the sugar and corn syrup and combine, on low heat stir until dissolved. Do not boil.
- Once the sugar is dissolved, remove from the heat. Stir in the peanut butter and vanilla.
- Stir in Rice Krispies. Pour into the prepared pan and pat into place.
- In a microwave safe bowl, add the chocolate and butterscotch chips - cook on high in 20 second intervals, stirring after each interval until the chocolate is melted and smooth
- Spread over the Rice Krispie mixture and let cool before cutting into bars.....if you can!

## FINANCIAL PLANNING

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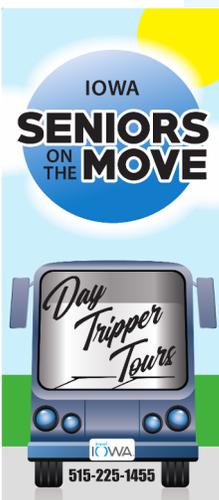
## Our First Trip of 2021!

### Tulip Paradise in Pella

Thursday April 29th 8:30 AM to 6:30 PM

Day Tripper's Club: \$95 Non-Members: \$125  
Members: \$110

- Beautiful Tulip Displays
- Vermeer Mill
- Traditional Dutch Meal
- Dutch Costume Show
- Scholte House Museum
- The Klokkenspel
- Boutique Shopping



"all aboard!"



**Seniors on the Move**  
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