

SENIORS ON THE MOVE NEWSLETTER

October, November & December 2022



"And all the lives we ever lived, and all the lives to be, are full of trees and changing leaves."

- Virginia Woolf

Following Your Bliss & Simply Doing What You Love

Noelle Nelson | sixtyandme.com

"Bliss is found in the smallest as well as in the greatest aspects of our lives."



The phrase, "Follow your bliss," was famously said by the author Joseph Campbell. It seems like one of those New Age truisms that we respond to with, "Sounds nice, but who can afford to do that? Rock stars? Celebrities? Very rich people?"

Really, **bliss**? A marvelous concept, but one which seems light years away from our ordinary lives.

Research shows that when people enjoy what they are doing, they do more of it. And that's all "bliss" really is. **It is about doing what you love, doing what you enjoy.** Bliss is found in the smallest as well as in the greatest aspects of our lives.

So, How Do We Know?

A study done by K. Woolley and A. Fishbach, published in the Personality and Social Psychology Bulletin, examined the behavior of people who went to the gym because they either thought it was good for them or who simply cared more about a fun workout.

Those who cared more about having fun while they exercised also recognized that a workout was good for them. However,

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Free Consultations for Seniors On The Move Members!

they exercised longer than those who cared less about having fun. Their bliss led them to healthier lives, without focusing solely on the necessity or healthiness of the activity at all!

Similarly, students who found the material they were studying interesting studied longer and better than those who did not.

Among people who wanted to eat “healthy,” it was found that the people who focused more on eating healthy foods because they liked the taste, were more likely to stick with a “healthy” regimen.

Following your bliss works. When trying to reach any goal, it's worth figuring out what you **like to do** - what you enjoy along the way.

Finding Your Bliss Moments

You couldn't get me to jog or bicycle if you paid me. I don't enjoy either activity, although I know perfectly well how good they are and that exercise is important. Instead, I take ballet classes twice a week.

What keeps me going, week after week, despite the challenges (and how much my body aches after class), is the incredible **joy** I get out of working through the positions, the steps, the routines. Ballet is my moving meditation, my therapy – my bliss!

What spells bliss is different for everyone. Gwen Gleeson, for example, an 86 years young Australian, loves to compete. Her specialty is pentathlons. This consists of a 100-meter sprint, shot put, long jump, javelin and 800-meter run all done in a limited, defined time.



Gwen Gleeson competing at 86 years young

Gwen could get the same physical benefit from pursuing these various sports on her own. But she says it is the **camaraderie** she enjoys with her fellow athletes that is the most important.

Her **bliss lies in the friendships she forms** through the competitions, which goes beyond the joy of maintaining her healthy physical vigor.

For Hu Limei, 76, a now retired executive chef at the famous Park Hotel in Shanghai, prepared dinners for 50 people three nights in a row as a guest chef for the "China Master Chef Banquet" at the Hilton Beijing Wangfujing, China.

Her bliss isn't in the exceptional chef status she enjoys, it's in – wait for it – the joy of seeing her patrons finish everything on their plates! Hu says that **cooking makes her happy.**



Hu Limei, left, being honored for her lifetime of accomplishments

For her, nothing is more important than being happy. Hu totally nailed it!

It doesn't matter what you want to accomplish. It could be fitness, healthier eating, volunteering, completing a work project, writing a romance novel or learning a language. Find a personal goal that you enjoy and let that be your focus.

Let your "bliss" be what pulls you forward towards achievement. The journey itself will become every bit as enjoyable as the day you say,

" Yay, I did it!"

Where are we going in 2023?!

Join us as we roll out the debut of our 2023 Day Tripper Tours!



All sessions are **FREE!**

Wednesday, November 30th

Morning Session 10:00 - 11:30 a.m.

Afternoon Session 1:00 - 2:30 p.m.

Thursday, December 1st

Morning Session 10:00 - 11:30 a.m.

Afternoon Session 1:00 - 2:30 p.m.

Located at Hampton Inn, 8811 Plum Drive, Urbandale, IA

What to Expect

Enjoy coffee and cookies as we talk all things travel at these FREE sessions. You'll get a sneak peek at what's in store for next year - as well as a chance to win some **prizes** just for attending!

We are adding more variety for our travelers, some brand new adventures, and repeats of some most-loved trips of years past!

We travel domestically, most often within our great state of Iowa, but always provide opportunities to travel to other states and even internationally as well! So no matter what type of travel you prefer, or your activity level, now's your time to get a preview of our most loved trips before they fill-up!

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Recent Happenings

Having fun & making connections on our recent trip to Iowa Falls!



We had a wonderful time on our Nordic Overnight Adventure Tour! We stopped by the Bily Clocks Museum and the Laura Ingalls Wilder Museum as well as many other stops like Seed Savers and the Versterheim Norwegian-American Museum.



Mary and Howard Eikenberry pose in front of the Bily Clocks Museum.



Guess Who?

Mary's business, Mature Transitions Des Moines, sponsored the refreshments on the bus for this trip.

Pumpkin Snack Mix

*We're *falling* for this delicious autumnal snack mix that has popcorn, peanuts, cheerios, chex, candy corn, and mallow pumpkins. It's perfect for fall and ready to customize for any fall or winter gathering you have this year!*



30 minutes | 6 servings



Ingredients

- | | |
|--------------------------------------|------------------------------------|
| 4 cups popped kettle corn | 2 Tablespoons salted butter |
| 1 1/2 cups honey nut Cheerios | 1 teaspoon vanilla extract |
| 1 1/2 cups Rice Chex | 1/4 teaspoon baking soda |
| 1/2 cup peanuts | 1/2 cup candy corn |
| 1/3 cup brown sugar | 1/2 cup candy pumpkins |
| 1/4 cup light corn syrup | salt, to taste |

Directions

1. Line large cookie sheet with parchment paper.
2. In a bowl mix popped popcorn, cereal and peanuts. Spread out evenly onto parchment-lined cookie sheet.
3. In a sauce pan, combine brown sugar, corn syrup and butter. Bring to boil and let boil for 2 minutes. Remove from heat and add vanilla and baking soda. Stir until mixed well. Pour over popcorn mixture and toss with a spoon until evenly coated.
4. Bake at 250 for 15 minutes. Take out and stir. Bake for another 10 minutes. Taste and add salt if needed. Let cool.
5. Add in 1/2 cup candy corn and 1/2 cup candy pumpkins and mix well.

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Thinking Ahead...



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Join us for a Lunch-N-Learn

Mon, Nov 21st

11:30 AM - 1 PM

"Medicare Made Clear"

Affiliate member Ashleigh Venn, from United Healthcare, will answer our questions about Medicare and fill us in on upcoming changes we need to be aware of.

Mon, Dec 12th

11:30 AM - 1 PM

Giving Back Forum

Does volunteering bring you joy? Looking for new ways to get involved in 2023 and beyond? Join us as we discover ways to "Give Back" into our community with presentations from Camp Sunnyside, Iowa Food Bank Association and St. Vincent De Paul!

Members attend FREE, Non-members \$20 (includes lunch and presentation)

Register on our website now seniorsonthemove-ia.com

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Trivia

1. The start of fall in the northern hemisphere is the start of what season in the southern hemisphere?

- A. Spring
- B. Summer
- C. Fall
- D. Winter

2. Which fall activity was once a British courting ritual?

- A. Pumpkin carving
- B. Bobbing for apples
- C. Trick-or-Treating
- D. Dressing in costume

3. According to an old superstition, what can you do in the fall for good luck?

- A. See a black cat sleeping
- B. Pick an apple with two hands
- C. Carve a heart in a pumpkin
- D. Catch a falling leaf

4. Which Fall/Winter month is known for having the most births than any other time of the year?

- A. September
- B. October
- C. November
- D. December

5. What is the weight of the biggest pumpkin pie ever made?

- A. 127 pounds
- B. 800 pounds
- C. 1,287 pounds
- D. 3,699 pounds

6. What is the full moon that occurs closest to the Autumnal equinox?

- A. Blood Moon
- B. Pumpkin Moon
- C. Harvest Moon
- D. Trumpet Moon

Answers on back page.



Seniors on the Move

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Answers: A, B, D, A, D, C

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