



An Age Friendly Initiative

livingstonnj.org/AllAges

OLDER AMERICANS MONTH



AGE MY WAY: MAY 2022

Living Mindfully - The Power of Positive Thinking

A SERIES OF PROGRAMS CELEBRATING OLDER AMERICANS MONTH, MAY 2022

Positive Thinking - Finding Your Happiness

Tuesday, May 3 at 2 pm



Sponsored by Crane's Mill in West Caldwell

We all want to be happy. However, what is it that truthfully makes us happy? What are the myths of happiness? Can we be happy- is it in our control? What changes can we make in our life to be happier and healthier? Learn new ways of thinking and behaving that will make your life happier like expressing gratitude, setting life goals, random acts of kindness, etc. Make small changes now that will help you to live a more positive and resilient lifestyle. Learn the steps that you can take that will make a HUGE difference in your life.

Positive Aging

Tuesday, May 17 at 2 pm



Sponsored by Homewatch Caregivers

Life expectancy has improved during the past couple of decades. Most of us will look forward to twenty or more years in retirement. How we choose to address our aging bodies and minds during this time will be up to us. Our beliefs on aging play a huge role in our happiness and health. In this workshop we will learn: Ways to thrive at any age and gain perspective on the aging process; The truths and myths of aging; cultivate a positive approach to our future years and see the new possibilities that this stage of life can bring.

How to Build a Vision Board

Tuesday, May 31 at 2 pm



ARBOR TERRACE
roseland

Sponsored by Arbor Terrace of Roseland

It's possible to turn your dreams into reality. It's called manifestation. Well, that and hard work...but a Vision Board is a tool that can help keeping your dreams and accomplishments track. Join Diane Lang, Positive Psychologist, Therapist and Educator and Life Coach in this fun workshop on how to build a Vision Board.



Presented by:

Diane Lang, MA - Therapist, Educator and Life Coach. As a Therapist, Educator and Positive Living Expert, Diane has dedicated her

career to helping people turn their lives around and is now on a mission to help them develop a sustainable positive attitude.

Free, pre-registration required.

Programs held at the Senior/Community Center 204 Hillside Ave., lower level

ZOOM LINK MAY BE PROVIDED

Register in person or online at livingstonnj.org/syls

Questions: call 973-535-7925, option 8 or email syls@livingstonnj.org

