

AVENIDA LIFE



How Optimism Can Help Us Live Longer, Happier Lives

It can be difficult for anyone to maintain an optimistic outlook, but those of a certain age have a deeper understanding of its importance to staying healthy and living longer. Studies show we're less optimistic in our thirties and forties, but increasingly more optimistic as we get older. While these are broad studies that take a multitude of factors and specifics into account, it's still not something we can count on. Optimism comes and goes in our lives for a wide variety of reasons, but you can have more control over feelings of optimism under almost any circumstance.

Anecdotal belief about optimism is now being supported by a growing body of research showing it may help to fuel longer life. A new study by Researchers from Boston University School of Medicine found that individuals with greater optimism are more likely to live longer and to achieve "exceptional longevity" into their eighties or older. Although researchers are unclear on how optimism works in longevity, there is more than anecdotal evidence optimism helps us:

- Recover from illness and tragedy faster
- Cope with stress that can affect our health
- Stick with physical, mental, and social things that keep us healthier

The researchers take the position that optimism helps us engage and continue healthy habits like quitting smoking, eating healthy, exercising, and visiting with a medical care provider.

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Ways to Put Optimism Under Your Own Control

By focusing on exercises like the longstanding *Best Possible Self Method*, you can envision things that make you happy and concentrate on a present and future vision of what your best possible life can look like. This simple exercise is shown to be valid via profiles in publications like *Psychology Today*, Berkley University's Greater Good Science Magazine, and many others.

There are also ways to stay focused on the positive aspects of your life to restore, maintain, and boost your optimism, such as:

- Keeping a journal of the things you are thankful for and reviewing it daily or when optimism is low
- Spending more time with optimistic people
- engaging in activities that bring you joy
- Undertaking physician-recommended physical activities fitting your health status

Optimism doesn't always come easy with any activity or method, but it can often be a reward that comes from putting in the effort for its own sake. For example, sticking with exercise regimens when you may not be at your most optimistic is an effort that delivers distraction in the moment from what robs you of your optimism.

Physical exercise as simple as walking can release natural chemicals in the body called endorphins that provide a good feeling, which helps us make exercise a regular part of our lives. It's true the link between good feelings brought on by exercise and endorphins doesn't directly lead to an optimistic outlook, but the good feeling provides a clear bridge that gives optimistic thoughts fertile ground to take hold in our daily lives. The exercise itself and making it part of our daily lives sets us up for a longer life.

Maintaining Optimism is a Team Endeavor

Activities, exercises, and good nutrition work to help us fight back physical ailments and chronic conditions hampering longer life.

As in all things having to do with our bodies and our minds, consulting your physician about all aspects of physical, mental, and dietary decisions is imperative. This is the best way to ensure a balanced approach right for your individual circumstances. No matter what your level of health or age, staying optimistic and positive is much easier when you have people, places, and activities that are part of your daily routine.

To learn more about staying healthy happy and optimistic, continue to explore our Avenida Life Blog.

We Give Thanks During November

Special Programs

Tuesday, 11/9 – Creative Writing/Journaling
What am I most grateful for at 1 PM

Wednesday, 11/11 – Veterans Day
Lunch for Veterans at 12:30 PM
JFK Presentation at 1:30 PM

Wednesday, 11/11 – Creative Arts
Create and paint Thanksgiving
card/Gratitude cards at 11 AM

Friday, 11/13 – Food Drive for Loaves & Fishes
at 2:30 PM.

Thursday, 11/26 – *Avenida Turkey Trot Walk*
Walk a 1k, 2k or 3k anytime between
10:30 AM and 12:30 PM, at your own
pace. All those who walk and complete
will receive special prizes.
Gobble Gobble Gobble!

Friday, 11/27 - "Gratitude" Coffee
& Conversations at 3 PM

30 Days of Gratitude will begin on 11/1 and run
until 11/30. All who participate will receive
handouts and "I'm thankful for" paper for your jar.
If you do not have a jar, contact Jane, Resident
Enrichment Director.

It's easy, just write down something
you're grateful for on a piece of paper and place it
in the jar, everyday in November.

"We must find the time to stop and thank the people who make
a difference in our live."

John F. Kennedy





Live in Motion Classes

Strength & Stretch: Mondays 10 AM - 10:30 AM

Balance & Stability: Tuesdays 10:30 - 11 AM

Chair Yoga: Wednesdays 9 - 9:45 AM or 10 - 10:45 AM

Walk & Stretch: Thursdays 10 - 10:30 AM

Slow Flow Mat Yoga: Thursdays 4 - 5 PM

NEW CLASS Tai Chi: Fridays 10 - 11 AM
(November and December)

Saturday Morning Chair Yoga: 9:30 - 10:15 AM

Live & Learn

One Day University: Mondays at 4 PM and
Fridays at 3 PM

Thursday Trivia: Thursdays at 3 PM

Chess Club: Thursday, Nov. 5 at 6:30 PM

Coffee & Conversations: Wednesday, Nov. 18 at
3 PM and Friday, Nov. 27 at 3 PM

Live Confidently

Monday Morning Coffee & News: Mondays at
9:30 AM

Getting Your Affairs in Order: Trusts, Will and the
Necessary Documents to Age Well: Tuesday,
Nov. 3 at 1:30 PM

Finance & Fun: Derek McDaniel from Merrill
Lynch for a roundtable discussion on Friday, Nov.
20 at 9:30 AM

Live Life Group & Clubs

Sewing Club: Thursday, Nov. 12 at 11 AM

Food Club: Monday, Nov 16 at 1 PM

Pinochle Group: Tuesday, Nov. 17 at 2 PM

Genealogy: Monday, Nov. 23 at 1:30 PM

Poker Night: Tuesday, Nov. 24 at 7 PM

Bridge Club: Wednesday, Nov. 25 at 6:30 PM

Mahjong Club: Friday, Nov. 27 at 11 AM

Knitting Group: Friday, Nov. 27 at 1:30 PM

Live Connected

Friday Night Movie Club

Join fellow residents for a 7 PM movie. Each week a different movie will be shown. Check Sagely and weekly calendar for movie listing.

New Groups starting in November:

Bunco Group will meet on Wednesday, Nov. 18 at 7 PM

Euchre Group will meet on Tuesday, Nov. 10 at 2:30 PM

Mealtime Gatherings

Men's Lunch Bunch: Friday, Nov. 6 at 12:30 PM.

Ladies' Lunch Bunch: Friday, Nov. 13 at 12:30 PM.

All Avenida Lunch Bunch: Friday, Nov. 20 at 12:30 PM

Sunday Night Dessert Gathering every Sunday at 7 PM.

Group Games & Fun

Team Pictionary: Wednesday, Nov. 4 at 3 PM and Wednesday, Nov. 25 at 3 PM

Group Charades: Wednesday, Nov. 11 at 3:30 and Monday, Nov. 30 at 2:30 PM

Veterans Day –

Wednesday, November 11

Avenida Naperville Veterans will be honored with a lunch and share stories of military experiences.

At 1:30 PM, Tim Wilsey will present an intriguing talk on John F. Kennedy and the last days of his life.

Thank a Veteran Today and Everyday!

Information Gatherings

Mark your calendar for the following informational gatherings:

New Resident Orientation will be held on Thursday, Nov. 5 at 1 PM.

Resident Forum will be held on Thursday, Nov. 19 at 2 PM.

Conversations with Grow Wellness Group/Wendy Gross on Friday, Nov. 20 at 11 AM.





November Birthdays

Ed J.	11/2
Betty M.	11/5
Jim S.	11/7
Lois G.	11/11
Steve R.	11/11
Lynn A.	11/12
Dolores K.	11/22
Denise L.	11/23
Sue R.	11/28

November Incentive

A new approach to 62+ active lifestyle has arrived, located just minutes away from Downtown Naperville! Invite your friends and family to make Avenida Naperville their new apartment home and get double the perks—fabulous new neighbors coupled with \$1,500 for every referral.

YOUR AVENIDA TEAM



Michele Clemen
Executive Director



Kathy Fezzuoglio
Sales & Marketing Director



Tom Vander Velde
Sales & Marketing Director



Hyacinth Waranimman
Business Office Director



Alan Reyes
Maintenance Director



Jane Abe
Resident Enrichment Director



Maribel Sauer
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A RESORT-STYLE 62+ ACTIVE ADULT COMMUNITY