

Happiness is a Choice You Make: *Lessons from a year among the oldest old*

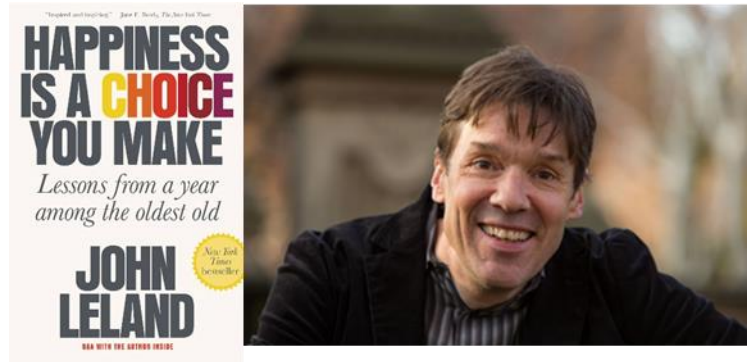
Brookline Community Aging Network

Provides information to help residents remain engaged in the community.

Advocates to make Brookline an even better place to live for seniors and everyone.

Join us!

Founding Partners



Brookline Senior Center
93 Winchester Street, Brookline, MA
Thursday, April 25th, 2019 6-7:45 pm
Refreshments will be served from 6-6:30 pm
Talk with discussion and book sales 6:30-7:45 pm
Free of Charge * Please call 617-730-2770 to register

What's the secret to living a fuller, more content life? For John Leland, the answer came from an unexpected place: from the lives of six people age 85 and up. He expected them to educate him in the hardships of old age. Instead, they taught him lessons of resilience, gratitude, purpose and perspective that apply to us all. All had lost something – spouses, mobility, eyesight or hearing. But none had lost everything. They defined their lives by the things they could still do, not by what they had lost. The good news is that we can all learn from the wisdom and experience of older adults.

John Leland is a best-selling author and award-winning reporter at the New York Times, where he wrote a year-long series following six people ages 85 and up, which became the basis for *Happiness is a Choice You Make*. Before joining the Times in 2000, he was a senior editor at Newsweek and editor-in-chief of Details magazine.