



A resolution you can stick to

Want a New Year's resolution for 2023 that you can stick to? Read on.

History records the first New Year's resolutions being made by ancient Babylonians some 4,000 years ago. The idea of pledging to improve or change at the start of a new year is enticing, but research shows that while as many as 45 percent of Americans say they make such resolutions, only 8 percent are successful in achieving their goals. Amazingly, researchers have even learned that January 19 is the average date that people lose their motivation, dubbed "Quitters Day" by fitness tracking site Strava.

Does that mean you shouldn't even bother? Heck no! Even if you eat right, get more exercise, and are more kind for just two weeks, that's better than zero weeks.

Seriously though—according to gerontologists, one of the best resolutions older adults can make is to stay connected and make new friends. What better way to do that than through TRAIL? In 2023, make just one (or two) resolutions:

- To attend at least one (but hopefully more) of TRAIL's social educational events
- To sign up to be a TRAIL volunteer.

Either way—or both—you will meet other members and make new friends.

For events, check the online calendar at trailofjohnsoncounty.org. To become a volunteer, call the TRAIL Office at 319-800-9003 or email Member and Volunteer Services Coordinator Jessica Hahn at membersupport@trailofjohnsoncounty.org.

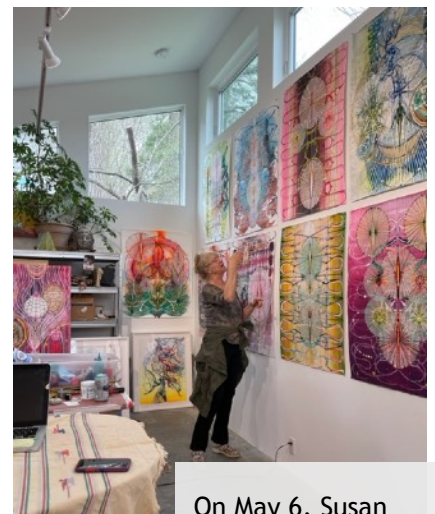
TRAIL 2022 in photos



TRAIL members hiked a very challenging path at Wildcat Den State Park in Muscatine in July. After the hike, they rewarded themselves with lunch at the Wilton Candy Kitchen.



Intrepid TRAIL members enjoyed a July morning kayaking on Kent Park Lake after a brief demonstration by Kent Park conservationists. It was a glorious day!



On May 6, Susan Chrysler White gave eight TRAIL members a tour of her art studio. White, an internationally known working artist and professor, recently retired from the UI.



Who doesn't love ice cream? TRAIL members met at City Park in August for Dane's ice cream and camaraderie.

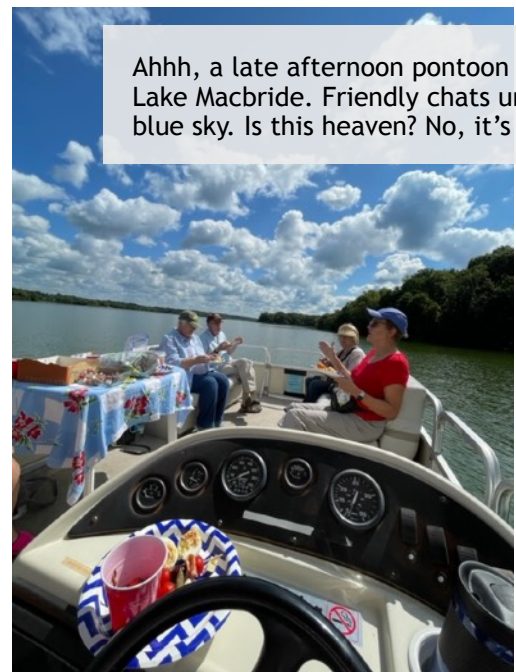
TRAIL 2022 in photos



To say “a good time was had by all” seems cliché, but in this case it was TRUE! About 100 members, volunteers, donors, and other supporters celebrated TRAIL’s 5th anniversary at the Unitarian Universalist Society fellowship hall in May.



TRAIL members toured Williamsburg-based Kinze Manufacturing in April and learned about the massive scale of Kinze’s work.



Ahhh, a late afternoon pontoon ride on Lake Macbride. Friendly chats under a blue sky. Is this heaven? No, it’s Iowa!



Five TRAIL members enjoyed a September day trip to the Frank Lloyd Wright House in Cedar Rock State Park in Quasqueton, Iowa. The Lowell and Agnes Walter House is an example of Frank Lloyd Wright’s signature architecture.

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NOTE: Some events are virtual, while others are in person. Full details for each event can be found on [TRAIL's online calendar](#).

New events are frequently added, so check TRAIL's weekly calendar preview emailed on Fridays or the [online calendar](#) to stay up-to-date.

Calendar key: **BLUE** events are hosted by and for TRAIL members. **GREEN** (virtual) and **YELLOW** (in-person) events are hosted by other groups but may be of interest to TRAIL members.

Members pay their own fees if there is a cost associated with an event (\$).

TRAIL Guide is published on or about the 15th of each month by the TRAIL Marketing & Communications Committee for the benefit of TRAIL members, donors, volunteers, vendors, and friends. If you have questions or suggestions about the newsletter, email info@trailofjohnsoncounty.org.



Wishing you the happiest holidays and a wonderful New Year in 2023!



Drop-In DIY Gift Wrapping

Friday, December 16, 10 AM to 8 PM

Iowa City Public Library, 123 South Linn Street, Iowa City

Assorted holiday gift wraps, gift bags, bows, and ribbons will be available, not to mention scissors, tape, and plenty of space to work.

Wonderful Books: Sharing Our Favorites: "This Is Happiness" by Niall Williams
(via Zoom)

Monday, December 19, 1 to 2 PM

Niall Williams is a well-loved Irish author of nine titles, fiction and nonfiction. This 2019 novel is set in Faha, a small village on the west coast of Ireland. In telling the story of rural electrification, it creates a portrait of an entire community. *The Washington Post* named it one of its Best Books in 2019.



Public Tours of Hancher Auditorium

Wednesday, December 21, 11 AM to 1:30 PM

Hancher Auditorium, 141 Park Road, Iowa City

These tours take about one hour and are a great activity for out-of-town visitors—and for yourself! The Hancher Showcase will also be open during this time.

TRAIL Office closed • Friday, December 23, and Monday, December 26



AARP Driver Safety Course

Tuesday, December 27, 10 AM to 3 PM

Iowa City Senior Center, 28 South Linn Street, Iowa City

This free course offered by AARP teaches proven safety strategies to help you feel confident on the road. No tests involved; just come and learn. Some insurance companies offer a discount for completing the course. The day includes a one-hour lunch break.

Morning Coffee

Thursday, December 29, 10 to 11:30 AM

Home of Betsy Fischer, Iowa City

Come enjoy coffee and conversation and share ideas about the new year!

Cinema Salon \$

Thursday, January 5, 2 to 4 PM

FilmScene at The Chauncey, 404 East College Street, Iowa City

This monthly program sponsored by the Iowa City Senior Center provides a chance to enjoy a new film, followed by a 30-minute discussion. The film will be announced about two weeks in advance.

New Member Orientation (via Zoom)

Friday, January 6, 1:30 to 3 PM

This informal meeting will introduce new TRAIL members to a variety of services and benefits. Want a refresher course? All members are welcome!