

Embrace Your Bonus Years



Books:

- The New Old Age: Exercise, Fall in Love, and Change the World - Christopher Burns
- How to Make the Rest of Your Life the Best of Your Life - Mark Victor Hansen and Art Linkletter
- How We Love Now: Sex and the New Intimacy in Second Adulthood - Suzanne Braun Levine (Large Print)
- On Retirement: 75 Poems - Robin Chapman & Judith Strasser
- Happy Retirement: The Psychology of Reinvention - Kenneth S. Shultz, PhD, with Megan Kaye and Mike Annesley
- Growing Young - Ashley Montagu
- The New Senior Man: Exploring New Horizons, New Opportunities - Thelma Reese and Barbara M. Fleisher.
- We Live too Short and Die too Long: How to Achieve and Enjoy Your Natural 100-Year-Plus Life Span - Walter M. Bortz II
- 100 Years: Wisdom from Famous Writers on Every Year of Your Life - Joshua Prager
- The Gift of Years: Growing Older Gracefully - Joan Chittister
- Growing Old: Notes on Aging With Something Like Grace - Elizabeth Marshall Thomas (Regular & Large Print)
- Growing Old in America - Barbara Wexler
- Shelved: A Memoir of Aging in America - Sue Matthews Petrovski
- Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life - Louise Aronson (Regular & Large Print)
- Getting Real About Getting Older: Conversations About Aging With Wisdom and Joy - Linda K. Stroh, PhD & Karen K. Brees, PhD
- Life Gets Better: The Unexpected Pleasures of Growing Older - Wendy Lustbader (Large Print)
- Great Jobs for Everyone 50+: Finding Work That Keeps You Happy and Healthy...and Pays the Bills - Kerry Hannon.
- The Longevity Paradox: How to Die Young at a Ripe Old Age - Steven R. Gundry, MD, with Jodi Lipper (Regular & Large Print)
- Old Age: A Beginner's Guide - Michael Kinsley

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Large Print: This collection includes: fiction, mystery, westerns, romance, science fiction, knitting, gardening, travel, history, investing, genealogy, health, etc.

Audio and Video:

PlayAways and Audiobooks on CD

The Open Road: America Looks at Aging - Nina Gildea Seavey (DVD)

Dr. Andrew Weil's Healthy Aging - Eli Brown (DVD)

The Aging Brain - Professor Thad A. Polk, University of Michigan (DVD)

Advanced Style - Lina Plioplyte and Ari Seth Cohen (DVD)

Electronic eBooks:

O'Reilly eBooks online, e.g., EyeWitness Travel Guides for Family Trips

Electronics:

GPad5 - LG Tablet and Hotspot - Contact Vickie Turcotte to check out a senior tablet, 978-256-5521 x1106 or vturcotte@chelmsfordlibrary.org

Spark Launch Pads for Interactive Brain Games

Library of Things Collection: Walker, Wheelchair, Light Therapy Lamp, Ukulele, Telescope, Knitting Kit, and so much more!

Many of the items on this handout will be available on our traveling Pop-Up Library truck!

