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I love new experiences. Trying something for the first time feeds my sense of adventure, and opportunities for little (or big) “firsts” are so plentiful! According to my kids, sometimes I push it too far. We once slept in a caboose within a wildlife sanctuary where the wolves howled all night and the bunk beds resembled prison cots. My husband and I once drove an hour to a “cat café” to sip coffee in a room full of the laziest felines I’ve ever met. Recently, I tried a big-red-slide with my grandson and caught so much unintentional air that the spine-compressing thump turned heads across the indoor play place. Some firsts have unintended consequences.



This year I’m celebrating a milestone birthday with a goal of trying 65 new things. I’m making a list and anticipating the satisfaction of crossing off items with a fat black Sharpie. A few things on my “first” list will take some time and planning – spending a night in a castle, attending a goat yoga class, learning a song on the bongo drums. But my favorite things on the list require the participation of others. My teenage nephew is going to teach me to play poker. My friends and I have planned a day in the kitchen making meringues and decorating cakes. My husband and I are going to play pickleball together. And my sister is taking me to Costco. That’s right, never been.

I’m also embracing the “new” that just falls in my lap. Like the “opportunity” to play a video gambling machine while stranded at a Nebraska truck stop. Proud to say I won \$1.79. Or the chance to try on a hoodie labeled “anti-anxiety.” Spoiler alert – it didn’t feel any different and my blood pressure exploded when I saw the price tag.

I’m excited about my quest of 65. New experiences can be so many things: interesting, exhilarating, uncomfortable, disappointing – but rarely dull. I’ll keep you updated in future newsletters. And if there is something you recommend adding to my list, or you’d like to share your own new experience, I’d love to hear from you:

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I wish you many fun firsts!

Gail

