



Walk, Walk, Walkin' in New York, New York

By Will

To me, one of the best things about living in Napa is the walkability of the neighborhood - the Napa Abajo neighborhood, to be precise. From my house on Sherwood Circle, the Elm Street campus, the MFTI offices on Coombs Street, the CVS Pharmacy, the Imola shopping center, the river, and Downtown Napa are all within a 1-mile radius - perfect walking distance. I didn't see myself as much of an outdoor walker before joining Moving Forward, but in the time that I've been here, I've gotten used to walking most places. Never has that experience helped me more than in the first week of November 2023, when I took a short vacation to perhaps the most walking-intensive place in America - New York City.

If there's one thing everyone knows about New York City, it's that it is BIG. At over 300 square miles in size and home to over eight thousand miles of streets and walkways across five boroughs, there are more places to go and see than one could ever hope to in a lifetime. While I wouldn't be traversing the entire city over the course of my vacation (of course), it was inevitable that with the number of activities my Mom and I had planned, we would be covering quite a distance, indeed. Over the course of six days, we would be flying into New Jersey, spending two nights with my Aunt and Uncle there, arriving in the Big Apple, checking in and out of three different hotels, seeing two Broadway shows, visiting two museums (the NY Historical Society and MoMA), taking a train to Poughkeepsie to visit the FDR Presidential Library and then returning to the city the next day, meeting up with my sister and cousin for the first time in months before then flying back to California. It was a lot of ground to cover, and, given the city's infamous traffic jams and scattered subway stations, I would be covering it mostly on foot.

Thankfully, despite the city's size, its pedestrian-friendly streets made navigating the streets and avenues a snap, even over long distances (never mind the crowds). And in spite of the occasional ache, some dirty clothing, and getting lost once or twice, my fascination and excitement for seeing and exploring all the sights and locations kept my spirits up. However, as the days went on, I started to realize that something else was keeping me going. I was walking well over 1.5 miles every day, and no matter how tired I felt, I could always keep going. I was stunned at how I could be doing this until I realized: it must have been because back in Napa, I was already walking everywhere, and the streets of Napa and the Streets of NYC were really no different.

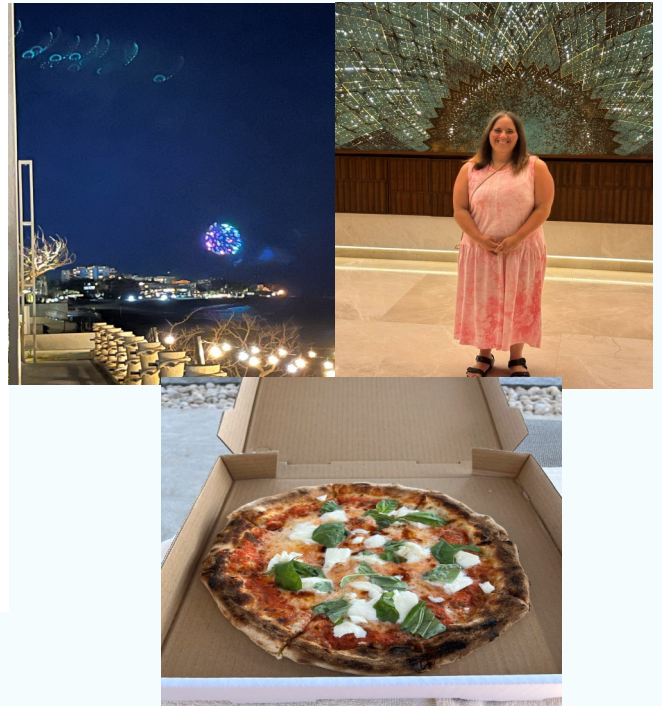
Ultimately, my trip to New York has helped me understand how much being with Moving Forward has not only helped me better engage and connect with the outside world on a social level, but also on a physical one. Both of these will undoubtedly enrich and strengthen me in myriad ways in the many weeks, months, and years I have ahead of me.



Thanksgiving South of the Border

By Jill P

I am going to Mexico with my whole family (12 people total) for Thanksgiving! We are headed to Cabo San Lucas on November 20, and staying at a place called Solaz that we have enjoyed before. While we are there we exercise, eat fresh and healthy food, swim in the pool and ocean, and take beach walks. We plan on eating turkey on Thanksgiving, and we usually eat breakfast and lunch at Solaz and then explore other places for dinner. One thing we like about Solaz is that the employees know us and we know them and it feels very familiar. I hope to get to swim with dolphins this year! Other things we do are go into town, eat, shop, sightsee, and get some sun. Viva Mexico!



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