

Working group name: What's next?

What's next? – initial events

- Tues., March 29: Sharon will lead, "What is your creative dream when you have more time?"
- Tues., April 26: Jeri will lead "Winter options."
- Tues., June 7: Sally lead topic TBD (probably outdoor fun).
- **How is this different from other groups**
- Spiritual dimension
- Ongoing connection already with our church membership
- Serve as a clearinghouse pointing to other resources
- Values focus
- Common base to build on
- Feels safer to start with a group of people we already know
- Opportunity to connect via our website

Format options

- Short program/topic followed by discussion
- Wine (not at church)
- Optional pre-meeting dinner together
- Group activities: supper, movies, theater, games
- Outdoor activities such as birding
- Retreat weekend
- Meet every 4-6 weeks
- Invite people from outside for special meetings

Leadership

- Leadership will rotate. The leader will facilitate discussion and share or find topic expertise.
- The next meeting leader will choose the topic.
- Sally will provide articles for the bulletin.

Program topics

- Volunteer opportunities
- Vacations/travel
- Our parents
- Children and grandchildren
- Where to live/how to live (alone, communal, senior housing?)
- Winter options
- Relationships: new and nurturing old
- Health/maintaining health: arthritis, limitations
- Creative new opportunities, e.g. learn painting
- Self concept, ageism: Am I old?
- Group cooking night
- Safety
- Falls
- Contributing to society
- Memory

Spiritual

- Preparation for disability/limitations
- Preparation for legacy
- Mentoring/sage role
- Spiritual journey at this stage of life
- What is our role at BMPC? Does it change?
How can we be helpful?

Psychological preparation

- Fears
- Hopes
- Wants
- Daily structure
- Sense of purpose
- Social connection
- Loss of influence
- Avoiding isolation
- Physical and mental health
- How physical limitations will limit activities

Resources

- Books
- Workbooks: Retirement (non-financial) planning, Map your retirement
- AARP and its classes
- Older retirees who've done this for a while
- OLLI: U of MN courses for seniors
- Presbytery program for pastors and spouses
- Aging mastery program: NCOA
- Evolve
- Encore
- Travel guides – Rick Steves
- Meet-up groups
- Empty the nest: Company that helps recycle, sell, and reuse your treasures