

FINAL SESSION 4 DISCUSSION

Class members were encouraged to summarize for others their experience, learnings, etc from the four weeks. (Note: Many stories had been shared in prior weeks.) The sharings during Session 4 included:

Getting organized methods used:

- We've got so many things on our plate, it's hard to keep track of all of them.
- Use my online calendar. Record events, tasks, deadlines.
- Leave room for spontaneity. Look for blank spots in the calendar to insert new events
- Keep notes on iPad using Evernote and DropBox. Using Evernote: you canclip articles and store (saves paper document filing)
- Use MsProject software to keep track of the endless projects and actions – Next Steps

Aspirations to “be a Writer”:

- Many of us talk about “having a book we want to write.” But “If you're not writing, then you're not “being” a Writer!”
- Take Writing classes. Take a Memoir Class. Hang out with writers.
- Add “published Writer” to the aspiration to encourage actual success measure

Notable thoughts and observations:

- “I realized I've successfully graduated from work – and I got paid to study and graduate!” Now what?!
- In retirement, we're “self funding our own business” – whatever that may be.
- Making friends – we need friends of all ages. Must have a range of interactions, not just people our own age. “Keeps me thinking young.” Celebrate arrival of new people in our neighborhoods.
- Couples may have different interests – Each needs private/separate activities which are valuable. Avoid co-dependency. Join of time together.
- “I'm not in the physical condition I once was when I had those dreams. Now I need new dreams.”
- When we “put things out to the Universe, things happen!”

Personal stories on this path...

- Successful careers. Shock of retirement: Nobody “needing me.” Missed structure and discipline of work life

- Unexpected Spouse/partner illness → Years of dedicated fulltime caring and loss of freedom of action (“I didn’t have a life of my own for x years.”)
- Death of spouse (or move to Assisted Living) leaves “a whole new world opening up”. Opportunity to reacquaint with old friends. Making new ones (but that’s hard at our age)
- “My Dad at 86 is my role model. He goes to the coffee shop every day at 6:50 AM.” He has a regular group of friends of all ages and types who meet there over coffee.