GUIDE TO RETIREMENT ACTIVITIES

CATHY SEVERSON
Guide to Retirement Activities
A division of Passport to Purpose

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Contents

Introducing Guide to Retirement Activities 3
Guide Criteria 4
Arenas for Retirement Activities 5
How to use the guide 9

Guide to Retirement Activities 15

CONVENTIONAL 15
Organizing/managing detail 15
Computing 17
Finances 18

REALISTIC 19
Being Physical 20
Plants/nature/environment 25
Animals 18
Public safety 26
Construction/ Mechanical/Crafts 27
Transportation 29

INVESTIGATIVE 31
Physical science 31
Life science 33
Social Sciences 37
Mathematics/ Engineering 39
Medical/Healthcare 40

ARTISTIC 42
Arts(Fine) 42
Arts(Applied) 44
Entertainment 45

SOCIAL 47
Spirituality 47
Communication 49
Personal Services 50
Education 53
Social Services 54

ENTERPRISING 57
Fundraising/Sales/Marketing 57
Entrepreneurship 59
Business/Management 61
Law/Politics/Advocacy 61

Conclusion 63
Introducing the Guide to Retirement Activities

One of the tragic mistakes financial experts and people near retirement make is assuming the life portion will take care of itself. When talking to new retirees, they often talk about the books they want to read, closets to clean and trips to take. All of these are wonderful activities, but won’t fill a potential thirty years.
In looking at life planning resources available to people preparing for retirement, most are limited to ‘find a new passion.’ There hasn’t been a comprehensive process to show people how to find a passion or fill 24 hours a day. As a career counselor who worked for years helping people finding purpose through their work, it was a natural transition into retirement life planning. Learn more about my coaching services at the Conclusion of the Guide to Retirement Activities (GReAt).

Also missing was a catalog of activities that people could refer to get information and inspiration. The idea for GReAt was born from this need. The goal is to create an overview of retirement activities in the arenas of leisure, work, entrepreneurship, volunteering and learning. The activities are grouped according to six different personality/activity types. As individuals develop desires, goals and dreams, there are now corresponding activities to reference and research.

While a large undertaking, the primary challenge was figuring out how to deliver the material. With the birth of blogging, it made sense to use the resources and multimedia of the Internet to help people research meaningful retirement activities. This is an ongoing process that will grow and expand as additional information and stories are added.

Criteria for being included in the Guide to Retirement Activities

The goal is to create a catalog where people planning for retirement or newly retired can get ideas or inspiration for activities they might not have previously considered. The idea was not to limit people in their retirement options, but contain the activities that are reasonable for the ‘average’ baby boomer.

Physical activity-As we get older, physical strength wanes. Baby boomers are in many ways healthier and more active than former generations. The activities selected for inclusion in the Guide to Retirement Activities don’t require the exertion of muscle force repeatedly or continuously, nor do they require explosive strength, extreme stamina or maximum muscle force to lift, push, pull or carry objects.

Education/training for entry-While retirees are fully engaged in learning new activities, even returning to college for a degree, activities included in GReAt don’t require a college education. They may require a certification, on-the-job-training, or life experience to enter. The exception is in some occupational clusters we’ve included stories of individuals who reinvented their career into a volunteer or auxiliary activity that still uses their key skill functions. (Example-an attorney who set up a non-profit to help people maneuver through the court system.)

Time Flexibility-The number one desire of new retirees is time freedom. They no longer want to work long hours, nor follow a strict time regiment. For that reason, many of the activities in GReAt can be done on a part-time or project basis. Exceptions to that are Lifestyle Choices, such as the couple who want to open up a Bed & Breakfast, go live on a ranch or become foster grandparents. These are life commitments, but one that some retirees pursue as they fulfill lifetime dreams.
Compensation—Many retirees will need and want to work for money. The focus of GReAt is on the fun, meaning or novelty of the activity, more than the amount of pay. Some retirees will want to work at a part-time job to pay for other more pleasurable activities, often referred to a Pay to Play. GReAt focus includes activities other than work, where there are non-monetary forms of compensation, such as creative expression, a sense of personal satisfaction or a feeling of contribution.

Not all activity areas will lend themselves equally to leisure, work or volunteering. Listed below are the activity arenas, the dominate activity clusters and links to additional information.

Below are internal links as well as links to RetireWOW.com and RLMnow.com for more information and stories. Place your curser on the blue title and hit the control key on the lower left hand side of you keyboard as you click on your mouse to go to the website.

Arenas for Retirement Activities

The retirement activities outlined in this book are applied to different arenas. The arenas for retirement activities are leisure, work which includes starting a business, volunteering. Learning is also an important arena, but is included within the clusters and arenas. For example, you may have a passion for gardening. As a leisure activity, you grow your own fruits and vegetable, have houseplants and raise award winning roses. You may want to share your knowledge and get a job at a local nursery during the summer months. Or, you may decide to start a business and sell your excess vegetables at a farmers market. Finally, you could become a Master Gardener in your county and volunteer at your extension center. Or you could help start a community garden in your neighborhood. Your passion for gardening and plants could be used in a variety of different arenas, depending on what you want or need to do.

Leisure Arena

The Leisure Arena includes spectator/entertainment, collecting, hobbies, games, recreation, sports, travel and self-care.

Learn more information about leisure activities:

Is Relaxation Your Best in Retirement?
People over 65 spend about seven hours a day on leisure activities. The population as a whole spends about five hours a day in leisure activities. So how do seniors spend their extra time? The majority of their discretionary time is spent resting, reading and watching television. While there isn’t anything particularly wrong with these activities, there are so many more possibilities.

Active versus Passive Retirement Leisure Activities
Research shows the majority of leisure hours in retirement are spent in relaxation, which can be passive way of spending time. A satisfying retirement should also include activities that are stimulating, engaging, inspiring, challenging or creative.
Play is for Children AND Adults
What is play? More specifically, what is adult play? The person who asked the question wanted specific examples of adult play.

Why Do People Travel in Retirement?
Travel has always been an important activity for new retirees. While travel is a universal retirement goal, based on their personality type, there are a number of different reasons and objectives why retirees travel.

Below are links to the cluster areas where most leisure activities are focused.
- Being Physical
- Plants/nature/environment
- Animals
- Public safety
- Construction/ Mechanical/Crafts
- Transportation
- Physical science
- Social Sciences
- Arts(Fine)
- Arts(Applied)
- Entertainment
- Communication

Work Arena
Work Activities include part-time (flex, job share, seasonal, project), telecommuting, working for nonprofits, and reinventing former careers. Work will continue to grow as an important part of the retirement landscape.

Additional information about work activities:
- Retirement Work Grows With Aging Baby Boomers
  Based on the traditional definition, retirement work is an oxymoron. Wasn’t retirement supposed to be the time after work? With over seventy-five percent of baby boomers reporting they will continue to work beyond traditional retirement age, there is an opportunity to redefine the concept of retirement.

- Consider a Bridge Job as Part of the Retirement Transition
  Employers are experimenting with ways to retain valued older employees as they transition into retirement. Often referred to as gap or bridge job, these work situations are designed to help the employee put one toe in retirement, but still remain gainfully employed.

- Expand Your Options for Retirement Work
  Baby boomers are also looking at different work alternatives to balance a retirement lifestyle. The idea of reinventing retirement work is limited only by your desires and creativity.

- Do you Want an Encore Career After Retirement?
  Retirement used to mean the end of work. As baby boomers reach retirement age, they may need or want to continue working after retiring. As many as 75
percent of people report they will continue to work past traditional retirement age. Many people are choosing an encore career.

Below are links to the cluster areas where most work activities are focused.
Transportation
Medical/Healthcare
Personal Services
Education
Social Services
Fundraising/Sales/Marketing

Entrepreneur Arena
Starting a business and Entrepreneur Activities are both an arena and a cluster. While there are people who take all of their retirement money to invest in a dream business, it is not recommended. A retirement business can be a great way of augmenting income, fill hours with a passion, use talents and skills, and stay connected. By definition, a business means that you’re a formal entity involving the IRS. Starting a business should be approached with a level of seriousness. The focus in GReAt is on businesses that can be started with less than $5000. We in include home-based, hobby business, seasonal, excess assets, network marketing, franchises, professional services, consulting, and being a socialpreneur.

Additional information about starting a business in retirement:

Should You Be Your Own Boss
Owning a home based business can be a wise decision if you are well prepared and understand exactly what is required. Before you rush out to start a home business, you should answer the following questions. They will help you to decide if you are well suited for this type of business venture. How bold are you?

Entrepreneurship as a Guide to Retirement Income
As I’ve watched clients, family and friends face a new retirement landscape, I think starting a business is a viable option for many. It can provide extra retirement income, and who doesn’t need that in today’s world. It also can take a pastime to a new level, provide challenge, meaning and a way to stay connected.

Retirement Business Adds to Retirement Income
Are you interested in starting a retirement business? What kind of business are you interested in having? Don’t know? Stan Spector is passionate about helping retirement age baby boomers start businesses to help bridge the shortfall in retirement income.

Avoiding Failure in Your Retirement Business
Most seniors are worried about being an entrepreneur and want to avoid making a big mistake that might deplete their retirement savings. You can’t make a tragic financial mistake if you have invested only a few thousand dollars. Look for businesses that are service oriented, which frequently require a lot of your time as the main investment but not a lot of your money.
You may lose 1000 hours of your time but only a little of your money.

**Specialize Your Retirement Business**
Retirees and seniors are looking for interesting retirement business to start to increase retirement income. There are a lot of businesses out there competing for the customers. You are looking for a way to attract a few loyal customers for your small retirement business. You are also trying to attract them with some unique feature of your business instead of doing a large amount of advertising and having to face the billing that comes from advertising.

**Top Mistakes Made in Starting a Business**
Starting a business can be an exciting way to create a new retirement career. Retiring baby boomers are one of the fastest growing groups for starting a business. You will have to learn many new things and make important decisions that can affect the success of your new venture. Making mistakes is an inevitable part of the process. However, many of these mistakes can be easily avoided if you know what to look for. We’re going to discuss some of the most common business mistakes individuals make.

Below are links to the cluster areas where most entrepreneur activities are focused.
Organizing/managing detail
Finances
Construction/ Mechanical/Crafts
Arts(Applied)
Communication
Personal Services
Fundraising/Sales/Marketing
Entrepreneurship
Business/Management

**Volunteer Arena**
*Volunteer Activities* include contributing to community, country, or internationally, as well as making a difference beyond volunteering in nonprofits and travel volunteering.

Additional information about volunteer activities:
*Can Seniors Contribute to A Greater Good?*
Maggie Kuhn, started the Gray Panthers in 1970 from a passion for human rights for elders. She saw important roles for seniors as mentors, mediators, monitors of public bodies, motivators and mobilizers. She wanted seniors and retirees to be out in the community, involved, engaged and contributing to the greater good.

*Tips for Voluntary Community Service-Finding Your Passion*
Time affects people’s decision to volunteer. There are many other factors to think about before you make a commitment to be a retirement volunteer.

*Retirement Volunteering: Is All or Nothing Keeping You Stuck?*
Is all or nothing thinking keeping you stuck on making a difference? Over the last few years, I’ve encountered amazing retired people who are devoting
their lives to a new purpose.

Retirees Working and Playing in San Diego
It was interesting to see all the retirees playing and working around the city.

Questions to Ask About Volunteer Overseas Programs
Volunteering overseas can be a rewarding retirement activity. Before you hit the road, take the time to fully research and understand the organization and volunteer experience.

What You Need to Know About Volunteer Overseas Programs
There are many people who are interested in being retirement volunteers away from home. Regardless of the organization, it’s important to understand what you’re getting into, what it’s going to cost and what to expect.

Stuffing Envelops Isn’t Enough for the New Retirement Volunteer
We have nonprofits that desperately need the help of willing baby boomers who are retired and wanting to get involved. Any yet, these same organizations seem incapable of matching skills with needs.

Below are links to the cluster areas where most volunteer activities are focused.
Plants/nature/environment
Animals
Public safety
Life science
Medical/Healthcare
Personal Services
Education
Social Services
Fundraising/Sales/Marketing
Law/Politics/Advocacy

How to use the Guide

The Guide to Retirement Activities was designed so you can hyperlink between sections within the e-book and also link to information and stories on outside websites. This is the first version on GReAt. While there is information under each activity cluster, you will find gaps that need to be filled.

There needs to be a brief word about the stories and links contained in this ebook. It has always been my goal to inform and inspire baby boomers entering retirement. We decided to start a blog about retirement (www.RetireWOW.com) but, the scope of topics was much greater than one person could adequately fulfill.

As of this writing, over 150 authors have contributed at least one article to the website on a range of topics, in addition to the 12 experts who committed to ongoing submissions. This book is solely about retirement activities, so you might want to look at the website for information about additional topics.
I’m truly grateful for the willingness of all the contributors to share their stories. Please feel free to email me (retirementlifematters@gmail.com) with any corrections or suggestions. This book as been proofread, but proofing is my weakness, so let me know of any mechanical or typographic errors. If you have a story of your retirement activity I would love to hear from you.
The key to creating a meaningful retirement is to select activities that speak to you and allow you to express your personality. You want to participate in activities that challenge and engage you.
While a fulfilling retirement includes all areas of the circle, you will typically identify 1-3 key areas that help you feel a sense of purpose and passion. These will lead to your signature activities that bring the most fulfillment and meaning to your life.

The activities are divided into six broad categories based on personality strengths. These categories are further sub-divided into twenty-six clusters to make it easier to identify activities you might want to explore and engage.

**Conventional** – People who like data, detail, have clerical or numerical ability, and who like following through on projects.

*Sub-categories include:*
- **Organizing/managing detail** - Clearly defined activities requiring accuracy and attention to details
- **Computing** - Interest in computers, programming, operation, hardware and software, and application.
- **Finances** – Interest in numbers, statistics, accounting, investing.

**Realistic** – People who like to use their hands and/or like physical activity. They have athletic or mechanical ability, prefer activities with objects, machines, tools, plants, or animals, or to be outdoors.

*Subcategories include:*
- **Being Physical** – Focus is on physical activity, sports, adventure.
- **Plants/nature/environment** - The production, protection, development of agricultural commodities and natural resources including food, wood products, horticulture, and other plant products/resources.
- **Animals** – Care, training or conservation of domestic or wild animals.
- **Public safety** – Interest in protecting people/property, inspecting.
- **Construction/ Mechanical/Crafts** – Using hands and equipment or tools to build, construct, repair, or extract.
- **Transportation** – Interest in transporting material/people on land, water and air or the vehicles themselves.

**Investigative** - People who like ideas: to observe, learn, investigate, analyze, evaluate, or solve problems.

*Subcategories include:*
- **Physical science** – The study, discovery, collecting, analysis of the natural world.
- **Life science** – The study, discovery, collecting, analysis of the living world.
Social Sciences - The study and analysis of humans and human systems.
Mathematics/Engineering - Interest in applying quantitative principles to technology, construction, and manufacturing. This includes games of strategy.
Medical/Healthcare - Helping to heal the sick or find cures for illness.

ARTISTIC - People who are creative and/or have artistic, innovating, intuitional abilities, or who like unstructured situations, using their imagination or creativity.

Subcategories include:
Arts(Fine) - The visual arts, historically believed to have been created solely for aesthetic appeal.
Arts(Applied) - The application of an artistic skill or design to function in everyday use.
Entertainment - Event or performance designed to amuse or entertain.

SOCIAL - People who like to interact with people to inform, nurture, enlighten, help, train, develop, cure, or are skilled with words.

Subcategories include:
Spirituality - Personal spiritual practice, helping others with their spiritual well-being.
Communication - Love of language, literature, written and oral communication of knowledge and ideas.
Personal Services - Cater to the needs, tastes, and desires of others.
Education - Interest in imparting knowledge/teaching.
Social Services - Interest in helping people and society

ENTERPRISING - People who like influencing people: persuading, leading, or managing for organizational or personal goals.

Subcategories include:
Fundraising/Sales/Marketing - Interest in persuasion, influencing others, and promotion.
Entrepreneurship - Start and/or run a business. Includes Social Entrepreneurship with a goal of “doing good and doing well.”
Business/Management - Make organizations run smoothly and/or profitably.
Law/Politics/Advocacy - Interest in governing, justice, advocacy and international/foreign affairs.
During your retirement transition, take the time to explore and experiment with new activities. While you may want to rekindle old passions, by engaging in the activities on this list, you’ll find uncharted opportunities and new aspects of your personality.
Guide to Retirement Activities

Conventional Retirement Activities

Conventional activities involve creating a structure. Activities in this area frequently include following set procedures and routines. These activities include working with data, details and organization more than with ideas or people.

Organizing/ Administration

When I was just starting to coach in retirement life planning, I talked to two friends who were preparing to retire. I asked both what they planned to do the first few months of retirement and both responded with “cleaning out closets.” At the time, I thought that was strange, but since then, I’ve realized it’s normal and appropriate.
Most working people have a list of things they want to do when they retire. Getting their home in shape is usually on the list. Often, that entails cleaning out closets and/or the garage, organizing photos or creating scrapbooks. Sometimes, it means getting rid of unused items and rearranging furniture and rooms so they’re more manageable. While these are not leisure activities in the traditional sense of the word, they do help prepare a home so it is more enjoyable in retirement.

For those people who love to organize, there are a number of business opportunities. If starting a business isn’t your desire, you may be able to work with another small entrepreneur who has expanded beyond what he/she can do on his or her own.

If you love organizing, but don’t want or need to earn retirement income, you may be able to find ways of volunteering your time. Many seniors need to downsize and may welcome the help of someone who can pitch in to organize or remove unwanted items.

There are many places where organizers are needed. Look in your neighborhood and community for places and people who need your help. It may take awhile to find your niche, but there is plenty of excess stuff out there than needs to be sorted, sold and/or given away.

View additional stories and information about activities involving organizing and/or administration. Click on the title to view the complete article:

**Retirement Work in Administration**
If you have excellent computer skills, are organized and good with details, there is retirement work in administration. Many administration jobs have been lost over the last twenty years with the advent of the personal computer. Likewise, the computer has given rise to many new tasks than ever before.

**Learn about Organizing**
If you have a desire to learn about organizing, whether for personal or professional reasons, there is no better place to start than the National Association of Professional Organizers (NAPO.net).

**Start a Business Organizing**
With 77 million baby boomers and their parents downsizing and rightsizing, there is a lot of opportunity to use your organizing skills to help others. Most people have more stuff than they know what to do with. As people get older, even cherished possessions can start to be a burden. When the elderly need to move away from a family home, the process of sorting can be
overwhelming. There are a number ways you can use your organizing skills in a home-based business.

**Computing**

My first exposure to computers was in an elective class I took in high school in the late sixties. The only thing I remember was the binary code, which was and probably still is the building block for programming. Today, we often talk about the Gen-xers who grew up in a world of computers, but it was their parents, the baby boomers, who brought that world into being. We were the generation that led the charge that is revolutionizing information and communication. Many of this boomer generation still don’t own a computer or know how it works. Of course, this opens the opportunity and challenge for those who have a passion and knowledge about computers.

We were early adopters of a home computer. My father became interested in computers in the mid-60s, a passion that continued until the end of his life. In fact, the last project he had was to get his little Apple computer user-friendly for my mother. Our family’s first computer was a converted Apple Lisa that was transformed into a Mac. The reason I’m sharing this story is in the late 1980s the aficionado was usually proficient in all aspects of the computer world. They understood the hardware and software and how they were integrated.

That world has completely changed. No one is an expert in all aspects of the computing revolution. It is an industry that continues to grow daily. For people who have the knowledge and passion for computers there are many opportunities to find ways to spend your time.

In leisure activities, we’ll make the distinction between an interest in computers versus using technology as a means to an end. I have a number of friends who play scrabble over the Internet. The focus is on the game, and the technology merely provides the vehicle. This can be true for people who communicate through a blog.

If you have worked in the computer industry, there are plenty of opportunities to continue in that field. It is now considered a field for young people who are swarming into the industry. Therefore, if you want to work in computers, you should have special skills that are related to the industry or can be applied in a new and compelling way.

There are a number of business opportunities in the computer industry for those who have the knowledge and interest. It is now a diversified world and you should focus on your area of expertise.
For many boomers, keeping young, staying connected and being informed require more knowledge of computers and information technology. The good news is there are ample places to learn about this ever-expanding world.

**FINANCE/ACCOUNTING**

Not everyone has a passion for money and finances. But everyone should know what is coming in and going out. Everyone should have a plan for the future. This is all part of an estate plan. For some, finances, investing and managing money is fun. Whether it is a chore or a passion, it needs to be an area that you give some attention to.

There are a number of areas where you can find work in the financial industry. There are more areas where you can start a business or work as a contractor with a focus on finances. If you have an aptitude for numbers and money, know there are many people who don’t, providing an opportunity for you to be of service.

If you enjoy money and finance, there are a number of ways you can expand your knowledge. This information can be used to put your own financial affairs in order or can also lead to a business helping others.

*View additional stories and information about activities involving finance or accounting. Click on the title to view the complete article:* 

**Leisure Activities in Finance**

We had a neighbor whose retirement passion was managing his portfolio. He would spend hours going over reports, buying and selling stocks and bonds. There are financial experts who believe everyone should manage their own investments. While I don’t necessarily agree with that, everyone should have an understanding of their financial situation (including both spouses).

**Start a Business in Finance**

If you’re good with numbers and enjoy working with figures and finances, there are a number of different ways you can start a business in retirement. You can start these businesses with minimal up-front investment.
Realistic Retirement Activities

Realistic activities involve being active. These activities frequently include practical, hands-on problems and solutions. They can include activities with plants, animals, and real-world materials like wood, tools, and machinery. Many of the activities require being outside and physical movement, and may not involve a lot of paperwork or people.

B E I N G  P H Y S I C A L

Aging baby boomers are not slowing down physically as they age. Physical activity continues to be an important part of their lives. Because the majority of baby boomers didn’t work in back breaking jobs like their parents, the shape of their bodies is based on choice more than the deterioration from working on farms or in factories. People continue to embrace a healthier lifestyle as they get older.

Physical activity has always given people an
important leisure pastime and it will continue as baby boomers age. Spectators are passionate about watching every type of sport imaginable. This includes professional sports, as well as grandchildren playing Little League.

In addition to being spectators, people are engaging in all forms of sport as they age. Yes, golf continues to be a popular endeavor, as are the more traditional retirement activities of bowling and fishing. Baby boomers continue with adventure activities and are pushing the boundaries of endurance, strength and capacity.

There is some retirement work connected with being physical. Most retirement income in this area would come from starting a business. For the aficionado, there are plenty of opportunities to volunteer and get involved.

View additional stories and information about activities involving being physical. Click on the title to view the complete article:

Leisure Activities Being Physical
Being physically active is an important key to healthy aging and a successful retirement. The good news is that many baby boomers are embracing a healthy lifestyle. They want to re-shape their concept of growing old and physical activity is part of that.

New Seniors Redefine Leisure Activities
The new leisure activities are physical. New seniors want more than sitting in a rocker or fishing. People want to stay physically activity and push to see how long they can remain active.

PLANTS, NATURE AND THE ENVIRONMENT

The Retirement years are often seen as a time to ‘stop and smell the roses.’ It is also an opportunity to enjoy the mountains, beaches, and lakes. In addition to smelling roses, you can raise them, grow a garden, hike through national parks and help protect the environment.

Activities with Plants
Activities with plants remain one of the most popular with retired people. Activities with plants are plentiful: there are opportunities to volunteer, start a business, and work, as well as leisure.

Leisure activities with plants have always and continue to be one of retirees’ favorite pastimes. Whether it’s growing food or raising award-winning roses, everyone can enjoy the process and fruits of one’s labor.

Besides leisure activities, there is both part-time and seasonal retirement work with plants. Work with plants tends to be more physically demanding and it helps to have
knowledge of them. Working with plants also offers opportunities for the retiree to earn extra income.

For the more entrepreneurial individual or couple, there are a number of opportunities to start a business with plants. Many of the business opportunities are seasonal or part-time.

If you want to learn more about growing plants and cultivation, every community offers a variety of educational resources. In addition, there are associations and other resources on the Internet.

*View additional stories and information about activities involving plants. Click on the title to view the complete article:*

**Retirement Work with Plants**
Growing plants, gardening and horticulture is often physically difficult work. It may require bending to get to the plants in extreme weather conditions. Working with plants is usually outdoors or in greenhouses. Environmental conditions are based on what plants need, not the needs of the people tending them. If you have knowledge of plants, landscaping or design, and enjoy being physical, there are jobs for seniors.

**Leisure Activities With Plants**
Whether you are content with a small herb garden on the kitchen windowsill or have elaborate acreage in the back forty, raising plants and gardening has always been one of the most popular leisure activities in retirement.

**Volunteer Activities Enjoying Nature**
In 1971, the National Park Service Volunteers-In-Parks Program (VIP) was authorized. This allowed the national parks to utilize volunteers for the benefit of both the individual and the parks. Hundreds of thousands of volunteers contribute millions of hour yearly to ‘preserve and protect America’s natural and cultural heritage.’

**Learning About Plants**
Ever since the transition from hunter/gatherer, the human species has been learning about plants and how to cultivate them. Even if you don’t believe you have a green thumb, you can start growing plants without a lot of knowledge. Depending on your need and desires, there are almost unlimited resources to expand your knowledge of plants and gardening.

**Start A Business With Plants**
A passion for plants can lead to a nice retirement home business. By utilizing space or land you already have, you’re maximizing your home asset to generate income. If you love gardening and raising plants as a hobby already, it’s a great way to get enjoyment, as well as supplement your retirement income. Because many seniors love other activities, plant-based businesses are often seasonal, which adds to the appeal.
Santa Fe Gardens and Food
Try to make time to see El Zaguán. Located at 545 Canyon Road, you can visit this late 1800s Spanish Pueblo house and its gardens based on those planted by the original owners. The Historic Santa Fe Foundation has its headquarters here.

Denver Gardens and Food
The Denver Botanic Gardens is beautiful and friendly and one of the most well-known gardens in the U.S. (http://www.botanicgardens.org/). These gardens have four locations including the York Street conservatory and gardens, the Mordecai Children’s Garden, the Chatfield grassland gardens in the Southern Metro area, and an alpine hiking garden at Mount Goliath.

How a Passion for Gardening Resulted in a Three Hundred Dollar Tomato
I had this wonderful plan to create a beautiful garden to go with my newly planted expanse of green lawn. I hadn’t grown a vegetable garden in a few years and after seeing my best friend’s tomato plants produce the most wonderfully tasting homegrown tomatoes, I was inspired to try again.

Visiting Gardens on the North Coast of California
One of the highlights of the trip, however, was the Mendocino Coast Botanical Gardens in Fort Bragg. Established in 1961 by a retired nurseryman, this 47-acre botanic garden is a delight of acid-loving plants and specializes in gorgeous rhododendrons, camellias, heaths and heathers...

People Who Made a Difference in Retirement
John’s passion for the people and environment led him to start Doi Chaang Coffee Co. based in Vancouver, BC. The company is committed to going “Beyond Fair Trade(tm)” meaning that first, the farmers are paid in excess of the prices laid out by the Fair Trade Organization.

GARDENING: Horticulture as Therapy
Horticulture as therapy has come into vogue. One might ask why it took so long. In any case, people being trained to work with the elderly, and particularly those diagnosed with dementia, emotional problems, autism and other diseases, are giving them opportunities to grow things. As therapists see it, working with plants can be healing, not just physically, but psychologically.

Volunteer at Organic Farms in Hawaii
WWOOF participants have the opportunity to stay from 1-3 weeks or more with any of the 150 hosts spread across the 5 main islands. The WWOOF hosts provide their visitors with accommodations and meals, and in return WWOOFers lend a helping hand where there is work to be done. The hosts are responsible for making each chore into an interesting, unique, and educational experience. Work usually lasts from 4-6 hours a day, 5-5 ½ days a week. Many participants choose to move from one host to another after their allotted work period is over.
Activities with Nature
If you live in the United States, you live an environment rich with diversity that is protected by local municipalities, states and federal government. There are opportunities to work and volunteer in nature with the park systems. Because so many people want to enjoy all that nature has to offer, there is competition.

Leisure activities with nature are certainly not limited to what is available through the national and state parks, national monuments, and wilderness areas. But if you’re wondering where to start in enjoying nature, there is no better place than with these national treasures.

You may be surprised to learn that the National Park Service alone hires over 10,000 part-time employees a year. Baby boomers the most physically fit and active of any generation to precede it, there are opportunities to enjoy nature and get paid with retirement work.

If you don’t need or want to get paid, there are additional opportunities to volunteer your time with nature. Some opportunities can be for just a few days or you can commit for months at a time.

View additional stories and information about activities involving nature. Click on the title to view the complete article:

- Retirement Work Enjoying Nature
  The National Park Service maintains 379 sites throughout the United States and its territories and hires over 10,000 temporary and seasonal employees a year. State parks and the National Forest Service also hire seasonal, temporary help during the summer months and peak periods.

- Leisure Activities With Nature
  The United States has 58 National Parks that are managed by the National Park Service, part of the Department of the Interior. There are 101 national monuments that include “historic landmarks, historic and prehistoric structures, and other objects of historic or scientific interest.” Some are natural wonders, such as Devil’s Tower in Wyoming. The National Park Service, Bureau of Land Management and US Forest Service manage the monuments.

- Early Retirement Benefits: Senior National Park Pass
  Many people are not aware of the Senior National Park Pass a huge perk to turning 62.

Activities with Conservation/Environment
As baby boomers get older, many are renewing their commitment to conservation and preserving the environment.

If you have time, there are opportunities for you to volunteer to help with conservation and the environment. Whether you want to volunteer at a local, national or international level, there are many opportunities to make a difference.
View additional stories and information about activities involving conservation and the environment. Click on the title to view the complete article:

**Volunteer Activities to Help the Environment**
Prior to the Second World War, few people considered the necessity to conserve, protect and restore the natural resources of land, air and water. For baby boomers who grew up in a time of expanded environmental awareness, working on environmental issues is a worthy retirement goal.

**Passion for Sustainability Leads to Retirement Work**
Gina began Mrs. Green’s World as she was learning more and more about the chemical composition of cosmetic products. From there her curiosity and quest for knowledge thrust her into a full-blown search for what it really meant to be ‘green’.

**Earthwatch Ocean Adventures: Coastal Ecology**
The Earthwatch Institute research expedition was Coastal Ecology of the Bahamas. We did many studies at several different coastal sites on both sides of the island, snorkeling in the coves and gathering vegetation census on land.

**Earthwatch Ocean Adventures: Coral Reefs – Part 8**
Earthwatch Institute volunteers doing research on Bahamian Reef Survey, a long-term study of the health of the coral reefs surrounding the Bahamas.

**Earthwatch Institute Adventures in Brazil – Atlantic Rainforest**
Earthwatch had an expedition to the BRAZIL RAINFOREST WILDLIFE. The five volunteers split their time working with Don on stream research, and with Alexine studying white-lipped and collared peccaries by trapping, scat collection and radio-tracking to determine the extent of their range and movements to find seasonal food.

**Earthwatch Ocean Adventures-Part 1**
One of the four key areas of EARTHWATCH INSTITUTE’s scientific research is OCEANS, including studies of coastal ecology, coral reefs, sea turtles, sea otters, dolphins and whales. I’ve enjoyed working as a volunteer in all of these areas, but probably the most exciting ocean adventures are those involving whales! This is an account of several of those expeditions.

**International Volunteer Work in Bordeaux Vineyards**
Another Earthwatch Institute expedition is the WILDLIFE & WINE IN BORDEAUX at the Chateau les Vergnes near Sainte-Foy-la-Grande. Here, our research project was studying biodiversity in the vineyards, woodlands, meadows and ponds of the chateau for the benefit of the farmers, local wildlife and the entire ecosystem of the Bordeaux Vineyards.
The empty nest no longer remains vacant for long as new retirees fill the space with every type of animal. Pets provide a wonderful addition to life. For seniors who are alone, pets can provide a sense of meaning and companionship. They also help us get physically active, such as, a dog you have to walk daily. In our community, neighbors meet each other and talk as they walk their dogs (and one cat), so pets also facilitate an opportunity to connect with humans. They’re antics make us laugh which is healthful.

As we age, many of our senses wane and diminish, but touch remains strong and grows in importance. While it’s important to physically touch other humans, many people don’t have a daily opportunity to get that need met. Pets, especially warm-blooded mammals, provide an invaluable substitute for human contact. Stroking a dog or cat reduces stress and diminishes depression.

Animals can provide many opportunities for retirement activities. Just having a pet can provide a wonderful leisure activity. If you have a particular skill or passion, there are a number of animal-related businesses you can start.

Not only do animals serve us and our needs, but we have a responsibility to return the favor. There are many avenues where retirees can volunteer to help the animal kingdom. You can help animals in you local community or travel around the world assisting animals in need throughout the planet.

Also visit the section on Life Sciences

View additional stories and information about activities involving animals. Click on the title to view the complete article:

Retiree Health Benefits of Pet Fish Tanks
When people think of pets for seniors, the first thought is of the four-legged variety. For many people, cats and dogs are not realistic options. Pet fish tanks or aquariums offer retiree health benefits without some of the challenges of mammals. Plus, they can be lots of fun. There has been a lot of research on the health benefits of aquariums that may be surprising.
Volunteer Work with Animals at Center for Great Apes
I had no previous experience with great apes, but after training, I began observing and documenting behaviors. I was in awe of the intelligence of these apes and the behaviors they had learned to be successful actors.

Earthwatch Institute Adventure with Caterpillars in Arizona
Earthwatch Institute expedition CLIMATE CHANGE AND CATERPILLARS OF ARIZONA at Cave Creek Canyon. We collected caterpillars and their food at different elevations or “life-zones” ranging from the cactus, mesquite and ocotillo of the desert to the oak, juniper, walnut, box elder and pinyon of the lower riparian forest, and the white pine, ponderosa pine and douglas fir of the high mountain forest.

Help a Butterfly, Help the World
Butterflies are often considered a ‘canary in the mine’ animal. Because they are more sensitive to the environment than other animals, they provide bellweather (an indicator of future trends) for the overall ecosystem. This is particularly true of Monarch butterflies that migrate thousands of miles from Mexico to the United States and Canada.

Animal Lover Finds Volunteering Opportunity With Animals
I own a small business but looking for a volunteering opportunity decided to help out at our local Tri-County Humane Society, Boca Raton, Florida. This is a “no-kill” shelter so unless a pet is adopted, they can stay there for life.

Birdwatching Important and Enjoyable Retirement Activity
I first became aware of my fascination with watching birds after a tree trimmer mistakenly thought we wanted to chop down the old ash in our backyard instead of merely trimming it. Birdwatching is an important, as well as enjoyable pastime. This leisure activity is growing in popularity among with retirees, as well as the rest of the population.

PUBLIC SAFETY

Baby Boomers grew up playing cops and robbers. If you liked being the good guy, helping others in distress, or being involved in public safety there are many activities to get involved in retirement. People who enjoy the Public Safety sub-category often have a strong sense of justice, enjoy the structure of the military environment or helping others in need.

If you’re still a big kid who likes to play with guns, there are many recreational activities to engage. This includes everything from paint ball to skeet shooting to video games. Military reenactments are also popular.
There is retirement work for people with an interest in security and policing. While you may not walk a beat as a police officer, you can still be involved in auxiliary positions. There are some opportunities to start a business connected to public safety.

Most retirees who get involved in public safety do it as volunteers. Especially at the local community level, there is an ongoing need and desire to have volunteers help in public safety, search and rescue, fire safety and disaster preparedness.

For people who had careers in public safety, there is still opportunity to be involved in retirement. Police forces around the country look to senior volunteers to play an vital role in helping behind scenes.

Additional stories and information about activities involving public safety. Click on the title to view the complete article:

**Retirement Work in Public Safety**
While most public safety jobs are for younger people, there are a fair amount of opportunities for older people. Public safety jobs often require working at odd times of the day or night. The work may require working in isolated situations. The environment may include dramatic conditions. Often the pay is minimal. With that said, age is often considered asset in some public safety jobs.

**Search and Rescue Volunteers Save Lives**
Shortly after we moved to Prescott, my husband bought a jeep and joined the jeeping club. On his first outing, he was befriend by another retiree who recommended he join the local sheriff's department response team or search and rescue squad.

**CONSTRUCTION, MECHANICAL, CRAFTS**

When I told my husband he needed a hobby in retirement, I wasn’t expecting him to take on the challenge of building a plane. Not a model, but a full sized, although small, flyable plane. Having a retirement activity that uses your hands to create, build, repair, and restore is as popular today has it has always been.

Whether it’s knitting booties for grandchildren or building a plane like my husband, there are literally hundreds of activities to engage, not only your hands, but also your mind. This is category is divided into 3 clusters: crafts, mechanical (movable parts) and construction.
Crafting Activities
Crafts are activities that marry learned skill and creativity usually resulting in a functional product. Primarily crafting is for leisure and fun. But, some people develop enough skill they can get a job with their craft knowledge. More often, you’ll see people start a home-based business around their craft. Some people donate their completed projects to nonprofits for people in need, such as blankets or clothes. Others donate their craft products to raise money for charity.

Also visit the sections on Arts(Fine) and Arts(Applied)

View additional stories and information about activities involving crafting mechanics and construction. Click on the title to view the complete article:

Leisure Activities With Crafts
Traditionally, crafts were based on a handmade process where the resulting work was more functional than aesthetic. Today, most crafters engage because they enjoy the process as much or more than the product. Crafts can be art, and art can be the result of crafting.

Scrapbooking 101: Capture the Memories
If you are looking for an enjoyable way to fill your time in retirement, you should learn the art of scrapbooking. This leisure activity is becoming increasingly popular as more people discover a unique way to preserve special memories. Scrapbooking also enables you to share the special moments in your life with others, as well as be creative.

Start a Business With Crafts
Most craft businesses start out of a hobby. For a number of reasons, the crafter decides to turn the hobby into a business. It may be a desire to cover the costs of equipment and supplies. Family and friends wanting to purchase items may lead to creating an enterprise. It may come from a need to earn additional retirement income. The term hobbypreneurs has been coined to describe these people.

The Storybook Quilt
Nancy Mattison tells the story of how she developed the storybook quilt. What is a Storybook Quilt? Well, imagine yourself cuddled up under a handmade quilt with a grandchild (or two!) reading an adventure story that is woven around the fabrics in the quilt. Together, you seek out the squares in the quilt that mirror the story’s events.

John C. Campbell Folk School
The North Carolina folk school allows active seniors to enjoy the breathtaking mountains while engaging in lifelong learning in craft-related areas.

Construction Activities
Construction activities involve using your hands and tools to build, restore, renovate, and repair. It can include carpentry, electrical, and plumbing. Many retirees use their construction talents around the house. A few people will take their passion to build their own home. Others will use their construction skills to either start a business or volunteer as a handyperson. Finally, some will volunteer in activities such as Habitat
for Humanity or restoring historical buildings.

**Habitat for Humanity**
A recent news article discussed retired senior electricians, plumbers and carpenters who volunteer their time to help build homes. This is a demonstration of retirement life at its best.

**Mechanical Activities**
Mechanical activities involve using your hands and tools to build, restore, and rebuild equipment with movable parts. Often this involves some mode of transportation. Most of these are leisure activities, such as my husband building a plane. If people are exceptionally skilled they may work for others or start a business as ‘mechanics.’

Most of these activities can be done at home, in a garage or shop. These activities can be quite expensive if rebuilding a vintage car, for example. They can provide hours of mental and physical challenge, as well as personal enjoyment.

**Recycled Bicycles Have New Life in Guatemala**
For people who have mechanical skills, some conversational Spanish and a true willingness to make a difference, Maya Pedals is looking for dedicated volunteers. It is requested that volunteers plan on a longer stay, such as 4 months, and be self-motivated with a willingness to work hard.

**TRANSPORTATION**

Baby boomers came of age during a transportation revolution. During the course of the twentieth century, human beings conquered flight and space, paid homage to the combustion engine, and saw an explosion of vehicles as playthings, as well as a way to transport people and things from one location to another.

Think about the baby boomer fascination with every type of transportation. If you’re like me, you either engage or have friends who have a passion with cars of all types, planes (building and flying), bicycles, motorcycles, boats, recreation vehicles, as well as all the toys that have been developed over the last generation to travel over all types of terrain and all kinds of water.

As leisure activities, people are enthralled with all forms of transportation. Miniaturized versions of cars, trains and planes are a fascination to some. In addition, boomers like restoring, repairing and acquiring regular sized vehicles, as well as using them for recreation and sports. The idea of vehicles as homes has grown as many people travel the highways and byways in RV’s or the open waters in boats. Travel continues to be one of the most popular retirement activities and for many people the destination isn’t nearly as much fun as the mode of transportation.
While age is a negative factor in some forms of transportation work, it’s an asset for many positions. People have found interesting and creative ways of starting businesses in transportation.

Baby boomers grew up with a passion for all things that move. The love affair isn’t going to diminish as they get older. For many, retirement is just the beginning of an opportunity to renew their passion for transportation.

View additional stories and information about activities involving transportation. Click on the title to view the complete article:

**Retirement Work with Transportation**
For younger retirees, transporting material and/or people can be a wonderful way to earn retirement income. Driving is an area where being more mature is considered an asset. Mature drivers are considered more responsible behind the wheel than younger people.

**Leisure Activities with Trains**
Baby boomers were born during the birth of the Interstate road system which drove a final nail into the passenger rail travel coffin. But, that doesn’t mean baby boomers don’t have a love affair with trains.
**Investigative Retirement Activities**

Investigative activities involve ideas and mental challenge. Investigative activities include working with ideas, and require an extensive amount of thinking. These activities can entail searching for facts and figuring out problems mentally.

**Physical Science**

The physical sciences are a broad group that focus on the inorganic world. It consists of four sub areas: astronomy, physics, chemistry and the earth sciences (geology, geophysics, oceanography, and meteorology.)

The physical sciences allow the scientist to emerge as people study and engage in activities involving the inorganic world. Most occupations in the physical sciences require degrees, and often advanced degrees. The retirement years afford the opportunity for people to participate in
these subjects as lifelong learners, volunteers or in leisure.

**Physics** is considered the ‘fundamental science’ since all other physical and natural sciences must obey the laws of physics. At its basic level, physics is the study and determination of the universal laws that define the behavior of the physical universe.

**Astronomy** is concerned with the study of space; stars, planets, galaxies, their interaction. Astronomy is also concerned with the origins of the universe, its structure, and time measurement.

**Chemistry** addresses the structure, composition and energetics of physical matter.

The earth sciences consist of the following:

**Geology** is the study of the solid earth, how it evolved and the rocks that form it.

**Geophysics** is the study of the physics of the earth, which include: gravity, heat flow, electricity, magnetism, radioactivity, and fluid dynamics.

**Oceanography** is the study of the oceans, which includes: currents, waves, geology of the sea floor, and ecosystems.

**Meteorology** is the study of weather, and climate.

Additional earth sciences are: freshwater, soil science, agrophysics, and speleology (study of caves).

Leisure activities dominate as people use their retirement time to pursue passions in the sciences. Amateur astronomers can gaze at the heavenly skies with their own telescope or join a local astronomy club.

One of the most popular retirement pastimes is looking for rocks, gems and minerals. This often combines a love of travel with an entrepreneurial spirit as people come together at gem and mineral shows around the country.

Retirement provides an opportunity to volunteer to assist in research as scientists learn about our planet and the world beyond. Volunteering opportunities exist in most local communities. For people who want to combine travel and doing good, there are research activities around the world that last from a few days to many months or more.

*View additional stories and information about activities involving physical science.*
*Click on the title to view the complete article:*

**Volunteering Abroad Researching Nicaragua Volcano**
As the volunteers watched, a cloud of gas rose from the magma below - this was our introduction to the Earthwatch expedition Volcano. We were there to assist the scientists with research on the volcano’s activity and the
environmental effect of the toxic gases on plants and people downwind of the plume.

**Life Science**

Life Science is the field of study interested in the in the study of living organisms, including plants, animals and human beings. Biology is the cornerstone of the life sciences. Other fields include, but not limited to, are: Anatomy, botany, ecology, physiology and zoology.

**Biology** is the study of living organisms, which includes the structure, function, growth, evolution and taxonomy. This includes the study of cells, and genes.

**Anatomy** is a branch of biology that is concerned with the physical structure of living things. This includes the anatomy of humans, animals and plants.

**Botany** is the branch of biology specifically concerned with the study of plant life. This includes the structure, growth, reproduction, development and diseases of plants.

**Ecology** is the study of the relationships between living organisms and their environment. This includes the studies of ecosystems, their composition, distribution, and changing states.

**Physiology** is the study of the function of living systems. This includes how cells, organs and systems carry out the chemical and physical function of the organism.

**Zoology** is the branch of biology that is concerned with animals. This includes classification, their evolution, and the distribution of living and extinct animals.

Since much of the work in life science requires a degree, retirement provides the opportunity to pursue avocational interests, which also includes volunteering. Retirees are in a unique position to understand, enjoy and advocate for all life forms that inhabit the planet.

*Note: When I first started the Retirement Life Matters ([RetireWOW.com](http://RetireWOW.com)) website, I was looking for retired people who were inspiring through their activities. I called the Earthwatch Institute and they told me about a volunteer named Warren Stortroen. I called Warren and we had a wonderful conversation about his many research trips with Earthwatch. I was so impressed with his recall for detail, I asked*
if he would write articles for our blog. While his articles are scattered throughout the e-book, many are contained in this section. He is such an inspiration for the contribution seniors can make as they get older. Regardless of your intent to follow his lead, I encourage you to read some of his stories.

In addition to these stories, also visit the section on Plants/nature/environment and Animals

View additional stories and information about activities involving life sciences. Click on the title to view the complete article.

Earthwatch Institute
Earthwatch Institute provides an opportunity to learn more about eco-sciences. The Institute is an international non-profit organization that was founded in 1971. It allows ordinary people around the world with no previous experience in the scientific world (professional or otherwise) to join research teams and collect data in areas such as wildlife conservation, marine science, and rainforest ecology.

Earthwatch Ocean Adventures: Coastal Ecology
The Earthwatch Institute research expedition was Coastal Ecology of the Bahamas. We did many studies at several different coastal sites on both sides of the island, snorkeling in the coves and running vegetation census transects on land.

Earthwatch Ocean Adventures: Coral Reefs – Part 8
Earthwatch Institute volunteers doing research on Bahamian Reef Survey, a long-term study of the health of the coral reefs surrounding the island.

Earthwatch Ocean Adventures: Penguins – Part 7
The Earthwatch Institute research expedition South African Penguins. We were doing a census of the population so noted the time and counted the number in the group that was returning home from a fishing trip at sea.

Earthwatch Ocean Adventures: Sea Otters – Part 6
The Earthwatch Institute volunteer research expedition Sea Otters of Alaska. Those in Fred’s boat would do bottom sampling and shore mapping in the areas used by the sea otters and those with Randy would assist with otter observation and photography. He was trying to develop a photo ID system similar to that used with dolphins and whales so individual otters could be followed over a period of years. This system, plus observation of the otters diving, feeding and socializing could help to determine why they are successful in some areas and declining in others.

Earthwatch Institute Brazil Adventures – Araguaia River Wildlife Corridor
The Earthwatch Institute volunteer expedition was Monitoring Brazil’s Wildlife Corridors. It was the first year of a three-year project to map the distribution of five focal species and their food resources, and to make recommendations for the protection of their habitat and the biodiversity corridor.
Earthwatch Adventures in Brazil – The Pantanal in May
Earthwatch Adventures in Brazil Conserving the Pantanal Wildlife-Otters and Frugivores.

Earthwatch Institute Brazil Adventure – The Pantanal in January
This Earthwatch Institute expedition was Conserving the Pantanal – Birds. Our typical research day was bird census in the early morning – by jeep on the accessible trails, by tractor and trailer, on horseback or by boat on the river. Then, we did data entry, had lunch and relaxed until evening mist-netting.

Earthwatch Institute Adventures in Brazil – Atlantic Rainforest
The Earthwatch expedition was Brazil Rainforest Wildlife. The five volunteers split our time working with Don on the stream research, and with Alexine who was studying white-lipped and collared peccaries by trapping, scat collection and radio-tracking to determine the extent of their range and movements to find seasonal food.

Earthwatch Adventures – Dolphins of New Zealand – Part 5
In New Zealand Dolphins, one of the concerns that we were researching was the effect of tour boats and people who want to swim with wild dolphins. Too much activity and too many boats may seriously disrupt their rest and socializing so, based on their observations the Earthwatch scientists have made recommendations to the local tour operators on how to approach the dolphins.

Research Dolphins in the Wild in Florida and Greece-Part 4
The Earthwatch Institute expedition Wild Dolphin Societies was in a more urban setting at Sarasota Bay in Florida. To research dolphins, we went out in the boat each day to monitor the activities of the bottlenose dolphins in the bay.

Another very enjoyable dolphin encounter was the Earthwatch expedition Dolphins of Greece. We were kept busy spotting, recording and keeping track of splinter groups [of dolphins].

Earthwatch Ocean Adventures-Marine Mammals-Part 3
Earthwatch Institute -Dolphins and Whales of Abaco Island, Bahamas. There were several sperm whale mothers and calves that we were able to photograph for ID, and we spotted some dwarf sperm whales and a number of bottle nose dolphins. ... My ultimate whale adventure was with the wonderful Minke Whales of the St Lawrence out of Les Bergeronnes.

Earthwatch Ocean Adventures-Gray Whale Migration-Part 2
Earthwatch Institute expedition Gray Whale Migration at Laguna San Ignacio in Baja California Sur. We went out twice a day in boats called pangas operated by local fishermen and took photos of the distinctive dorsal humps for ID, marked locations on a GPS and recorded behavior.
Earthwatch Ocean Adventures - Part 1
One of the four key areas of Earthwatch Institute of scientific research is Oceans, including studies of coastal ecology, coral reefs, sea turtles, sea otters, dolphins and whales. I've enjoyed working as a volunteer in all of these areas, but probably the most exciting ocean adventures are those involving whales! This is an account of several of those expeditions.

International Volunteer Work in Bordeaux Vineyards
Earthwatch Institute expedition, Wildlife and Wine in Bordeaux at the Chateau les Vergnes near Sainte-Foy-la-Grande. Here, our research project was studying biodiversity in the vineyards, woodlands, meadows and ponds of the chateau for the benefit of the farmers, local wildlife and the entire ecosystem of the Bordeaux Vineyards.

Earthwatch Adventures in the Upper Amazon
On the Earthwatch Institute volunteer expedition Amazon Riverboat Explorations Aboard the Ayapua, several wildlife studies were scheduled. This one was a fish census on our first day... That evening we did a macaw census by small boat at several stations along the river, counting and identifying all macaws that were observed during 15 minute periods.

Earthwatch Institute Adventures with the Mammals of Nova Scotia
Earthwatch Institute in Nova Scotia. Dr. Christina Buesching, Principal Investigator, was there examining the animals and recording the age, health, sex and number caught in our 100 trap grid. By long-term monitoring and data collection the project addresses environmental and wildlife issues that are affected by human activities including local exploitation and pollution as well as global climate change.

Earthwatch Institute Adventure with Caterpillars in Arizona
The Earthwatch Institute expedition was Climate Change and Caterpillars of Arizona at Cave Creek Canyon. We collected caterpillars and their food at different elevations or "life-zones" ranging from the cactus, mesquite and ocotillo of the desert to the oak, juniper, walnut, box elder and pinyon of the lower riparian forest, and the white pine, ponderosa pine and douglas fir of the high mountain forest.

Senior Volunteers Helps Meerkats of Kalahari, South Africa
The Earthwatch Institute volunteer expedition was Meerkats of the Kalahari, in South Africa, just below the Botswana border. We were assigned to a specific troop of meerkats each day, and with a researcher would arrive at their sleeping burrow as the sun was coming up and they were emerging to stand in the sun to warm up

Senior Volunteer Helps the Leatherback Sea Turtle
The Earthwatch Institute expedition was Costa Rican Sea Turtles, where volunteers were working to protect the leatherback sea turtle.
**Earthwatch Institute Adventures on Echidnas and Goannas of Kangaroo Island – 2004.** Our main studies involved radio tracking both species, attaching transmitter or putting ID marks on new animals, and checking health, reproduction, location and behavior.

**Helping the Bilbies of South Australia**
The Earthwatch Institute volunteer expedition was Bringing Back the Bilbies. Each evening a team of staff and volunteers would set out and bait cage traps for the little nocturnal animals and, then, another team would check them in the early morning and process the animals caught for size, weight, health, reproduction and census purposes. Another study was shovel testing for the presence of Bilby food – worms, termites, grubs, beetles, etc in the dunes and hardpan swales.

**Earthwatch Expedition, Mexican Megafauna**
We looked for teeth and jaws or bones with an articulation so they could be identified. These were mostly from several early species of horse, mastodon, camel, rhino and others.

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**SOCIAL SCIENCE**

Social science is a field of study that is interested in human societies and behaviors. This includes anthropology, archeology, economics, geography, history, psychology, philosophy, and sociology. (Other social science topics are covered elsewhere in the Retirement Activity Guides: education, law, and communication.) Like many of the activities in the Investigative section, advanced degrees are usually needed to work in this area.

**Anthropology** is the ‘science of man’ that deals with the characteristics of humanity. The fields of anthropology include: archeology—the study of human activity, biological, cultural, linguistics and social.

**Economics** is the study of the production, distribution and consumption of wealth. The two branches of economics are macro—the economy as a whole, and micro—emphasis on the individual unit.

**Geography** is the study of the land features and inhabitants of Earth. The two branches of geography are human and physical.

**History** is the study of past human events.
**Psychology** is the study of the behavior and mental processes of the individual.

**Sociology** is the study of society and the social actions of humans.

Retirement provides an opportunity to pursue avocational interests, as well as volunteering. An interest in the social sciences often partners well with the retiree’s desire to travel. A love of history, anthropology, geography and/or archeology provides a framework for retiree travel and often leisure activities. Interest in these areas may also lead to volunteering opportunities locally, or combined with travel.

If you are interested in the social sciences, check out these other Guide to Retirement Activities: **Education**, **Communication**, and **Law, Politics and Government**.

View additional stories and information about activities involving conservation and the environment. Click on the title to view the complete article.

**Leisure Activities in Social Science – History**
While there are in any number of things you can do with a passion for history, we’re going to focus on a few. The first is learning about and documenting your own family history. The other is historical reenactments.

**Earthwatch Institute New Mexico Archeology Adventures**
The Earthwatch Institute expedition was Prehistoric Pueblos of the American Southwest. Laura was excavating and I was screening for artifacts at our assigned feature on the Victorio pueblo site when she called me over to look at some southwestern pottery that was starting to show in the unit.

**Senior Volunteer Involved With Caribbean Archeology**
When archeologist and Principal Investigator on the Earthwatch expeditions Before Columbus, Bill Keegan, looked at the artifact that I found, he immediately saw it was a fertility amulet. We were excavating the older of two Taino Indian sites on the Paradise Park estate on the south coast of Jamaica.

**Earthwatch Institute Adventures Hidden Kingdom of England**
This was an archeology project, but our mid-September team wasn’t Digging—we were surveying and mapping ancient ring house sites on top of the moor and collecting core samples of ancient pollen from the peat bog near it’s base. The site may have predated both the local kingdom of Craven from around 400AD, and the prior Roman occupation.

**Genealogy: Chart Your Family Tree**
A great way to connect to your past is to pursue genealogical research. Genealogy enables you to explore your history, learn about your ancestors and create a family legacy for future generations.
Mathematics and engineering uses the higher functions of both the rational and creative mind. While most occupations in mathematics and engineering require higher degrees, there are retirement activities that retirees can engage in that use the math mind. In fact, it’s important to keep the part of the mind active that uses rational and logical thought. Below is a list of skills and abilities that are used for mathematical thinking. These are important to continue to use to keep an aging mind active and fully functioning.

Mathematics and engineering require complex problem solving. This can involve reviewing information, evaluating options, as well as implementing solutions.

Critical thinking uses logic and reasoning to identify alternative solutions, their strengths and weaknesses.

Continued active learning to understand new information, and process it for problem-solving, as well as decision-making.

Active listening involves not only hearing and interpreting words, but the meanings behind what is being said.

Judgment and decision-making involves looking at the benefits and costs of actions and the ability to choose most effectively and appropriately.

Deductive reasoning is used when problems need specific rules or processes in order to reach a conclusion that makes sense.

Inductive reasoning combines pieces of often unrelated information to find a relationship or reach a conclusion.

Information ordering classifies things or actions into an order or pattern according to a system of rules.

Fluency of ideas involves being able to come up with a number of ideas about a certain topic, similar to brainstorming.

There are many leisure activities that require many of the processes of the mathematical mind. Two of the most obvious are golf and pool.

For people who have specific skills, abilities and knowledge there are opportunities to volunteer. The most prevalent and obvious is helping younger people develop their knowledge in these areas.
Leisure Activities Playing Games
You already know that keeping the mind active and challenged is a good way to ward off dementia and other brain disintegration diseases. There isn't any guarantee that doing a crossword puzzle every day will prevent Alzheimer's but engaging in mental stimulation certainly helps the brain stay active and youthful.

Retired Teacher Uses Skills and Passion to Help Students Learn Math
A semi-retired teacher, Tom Biesanz was looking for a fun way to teach his grandchildren math when he embarked on a new career as Founder of Pattern Play Math. Tom embarked on a journey to make learning math intriguing for students. He created a right-brain approach to teaching math that is interesting, but also effective in helping students grow.

Medical/Healthcare
The medical and healthcare world provides many opportunities for people in retirement. While many occupations in healthcare require years of advanced education, there are growing opportunities to get a job with a certificate or other short-term training. In addition, there are numerous opportunities to volunteer within the healthcare arena.

In addition to these stories, also visit the section on Personal Services.

Retirement Work in Healthcare
There are two myths about working in traditional healthcare. The first is a career in healthcare requires many years of education. If you want to be a doctor, that is absolutely the case. Medical school is competitive, grueling, and a long process. But, many jobs within the healthcare field require less than a 2-year degree or certification. These are referred to as allied healthcare careers. It is estimated as many as 60 percent of jobs in healthcare are allied.
Retirement Work in Healthcare: Work with Equipment
Not all jobs in healthcare require working with patients. With an explosion in diagnostic and therapeutic equipment, there is a demand for people who can install, maintain and repair it.

Retirement Work in Healthcare: Work with Patients and Equipment
With the rapid rise in diagnostic and therapeutic equipment, there is an increased demand for equipment operators. Not only must the technician understand the equipment, but also be able to interact with patients and other healthcare professionals.

Retirement Work in Healthcare: Work with Patients
There are a wide range of occupations that provide hands-on assistance and treatment to patients. In addition to knowledge required for their specialty, these jobs require special people skills. Working with people who are ill or needing medical treatment requires tact, compassion and the ability to work with a range of personalities.

Retirement Work in Healthcare: Work with Data
There are a number of healthcare occupations that deal primarily with data with a minimum of patient interaction, if any at all. As medical records become more electronic based, there are opportunities to manage this data.
**Artistic Retirement Activities**

Artist activities involve a creative process or artistic outcome. Artistic activities include working with forms, designs and patterns. They often allow self-expression and can be done without following a clear set of rules.

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**FINE ARTS**

It's not unusual to encounter people who profess they don't have any artistic talent. In fact, I was one of those people. When I was ten, I had a couple of friends who were very adept at drawing. Since, my drawings always looked like pathetic stick figures, I concluded I didn't have any artistic ability. When I was in graduate school, my interest and aptitude assessments indicated a high degree of artistic inclination. A few years later, I started...
watercolor painting. As a result, one of my retirement goals in is to nurture my artist self for the rest of my life.

Too many people are like me, concluding they don’t have artistic talent, which is usually linked to drawing or painting. It’s interesting that in any other endeavor, creative or otherwise, it’s assumed one must practice to reach proficiency. No one questions the musician who spends hours a day rehearsing.

Creativity and artistic expression are an innate part of being human. Retirement is the perfect time to pursue and develop artistic and creative interests. Whether it is an appreciation for the arts or developing one’s own talent, the fine arts is considered an important aspect of healthy aging.

What are the fine arts? For the purposes of the Guide to Retirement Activities, the Fine Arts are limited to the visual arts; painting, drawing, sculpture, collage and photography. The Fine Arts are defined as creating a product for an aesthetic or conceptual purpose. Creative expression is also found in the Applied Arts, Crafts, and Entertainment.

For most people, the fine arts will be explored and experienced as a leisure activity. For some, it’s visiting museums and galleries. It can also include taking classes in art appreciation, painting, or photography.

Paid work is limited for people in retirement in the fine arts, just like it is for those who are younger. If you are good in your art and know how to market your products, you can make retirement income by starting a business selling your artwork.

If you have a passion for art, there are a number of ways you can volunteer in the creative world. Artistic philanthropy is an important part of the nonprofit world.

In addition to these stories, also visit the sections on Construction/ Mechanical/Crafts and Arts(Applied).

View additional stories and information about activities involving fine arts. Click on the title to view the complete article.

Leisure Activities with Fine Art
Fine Art is the appreciation or creation of a product primarily for its aesthetic value. This would involve painting, drawing, sculpture, collage, mosaic, photography, and calligraphy.

Retiree Finds Retirement Passion in Photography
Every now and then I encounter the epitome of an individual living a retirement purpose. Speaking to our camera club, Bruce Taubert not only shared his amazing bird photography, but a passion for his subjects. Bruce spent his career working for the Arizona Game and Fish Department as a biologist.
APPLIED ARTS

It’s often difficult to know the difference between crafts, applied and fine arts. That’s okay. If you’re looking for ideas in the arts, review all the different sections. All creative activities are important in retirement and part of a successful aging plan.

Applied arts refer to an artistic process that results in a product that is often functional and not just ‘art.’ Wikipedia refers to applied art as the marriage between design and aesthetics to objects of everyday use. There will always be overlap between the various disciplines. Some of the areas of applied art are graphic, fashion, floral and interior design, as well as ceramics, textiles, jewelry, glass, and culinary arts.

There are plenty of opportunities to experiment and participate in the applied arts in retirement. Most people will look at the arts primarily as hobbies and leisure activities. Classes abound to learn and connect with others with like interests.

Except for the exceptionally talented, most people will not find a retirement job in the applied arts. But, retirees do start successful businesses in this area. Just as with any other business, it’s important to adequately research before investing your hard-earned money in retirement.

If you have a passion in a particular applied art, there are ways to volunteer. For some, that will mean teaching others about your art or using your skill to make creations to raise money for special causes.

Many people don’t have the time or resources to get involved in creative activities when they are working and raising a family. Retirement offers the time to pursue new interests. While some activities can be expensive, many of the applied arts can be started with a minimal investment.

If you don’t know where to start, begin somewhere. Look at the activities of your friends, neighbors and family. Look at colleges, adult centers, parks, and craft stores to find classes and resources. Have fun exploring, and experimenting.

**In addition to these stories, also visit the section on Fine Arts and Crafts**

*View additional stories and information about activities involving applied arts. Click on the title to view the complete article.*
Start a Business in the Applied Arts
If you have a passion or interest in an applied art, there are many opportunities for starting a retirement business. The advantage of starting a business based on art is you’re probably already involved with it as a hobby. If you work from you home, the initial costs are centered on the materials and equipment necessary to create art.

Food and Wine Courses Enhance Travel to Napa Valley
For baby boomers who love good food and wine and want more to their travel to Napa Valley, here are some unique educational programs and wine courses.

New Retirement: Starting the New Orleans Cooking Experience
After thirty years in advertising and marketing, Judy Jurisich founded the New Orleans Cooking Experience, a school that offers both local and non-local citizens the experience of New Orleans

ENTERTAINMENT

Baby boomers grew up during a ballooning period of entertainment. Seventy-seven million strong, they said, “Entertain me.” Throughout their lifetime, communication and technology grew and changed to accommodate them.

The retirement years provide an opportunity to not only be entertained, but also be involved in performing and producing entertainment. While most people aren’t going to find retirement work in the entertainment field, there are retirees who do free-lance to earn extra money. There are also many opportunities to get involved in volunteer work centered on performance art. Whether it’s promoting entertainment or sharing it with others, the world still wants to be entertained.

Interest in entertainment includes performing, but also includes the activities “behind the scenes” of performance. It also consists of the preservation, education, and information dissemination about the performing arts. Acting, dance, ballet, theater, film, music and opera comprise the disciplines in entertainment.

While fun and enjoyable, performance art, like fine arts are important beyond the entertainment factor. Entertainment can move us emotionally, provoke a new way of thinking, or touch the spirit. Performance art is both a reflection of the culture, but also seeks to change and define it. As the torchbearers for a society, seniors can use performance to not only entertain, but also provide a catalyst to bring multiple generations together to share and connect. Whether you see entertainment for its
lofty ideals or just a way to pass the time away, choose entertainment as a way to lift and inspire, not to just numb you.

View additional stories and information about activities involving entertainment. Click on the title to view the complete article.

**Senior Theater on the Rise**
There has never been a better time to pursue senior theater. More individuals who are over 50 are turning to this activity to meet new people, challenge themselves, keep their minds sharp and make the most of the free time they have available. Senior theater can be challenging, rewarding and very enjoyable.

**Retirement Activities: Passion for Entertainment Work**
After retiring, Bill Pere started the Connecticut Songwriting Academy, to coach aspiring artists in the areas of song development and career development. In 2009, he wrote a songwriting “how-to” guide called “Songcrafters’ Coloring Book.”
Social Retirement Activities

Social activities involve connecting and service with others. Social activities include serving, communicating, and teaching others. These activities focus less on data or things.

Spirituality

When people retire, there is often an increased desire to know oneself and one’s place in the world. This includes coming to terms with one’s mortality. Spiritual growth is an important ingredient to successful aging.

The idea of spirituality is often confusing. Many mistake spirituality for religion. While there are similarities, they are different. There is debate about the exact definition of spirituality, but we’ll explore some of the more commonly held thoughts.
Spirituality is the quest to know our true selves, and how our lives fit into a greater scheme. Often the pursuit of spiritual growth involves asking age-old questions. Where does the universe come from? Why am I here? What happens when we die?

American scholar, lecturer, author and philosopher, Jean Houston in *LifeForce* wrote, “When we don’t have to devote a large percentage of our time in fulfilling social obligations and meeting other people’s expectations, we can unleash these energies and harness them for self-awareness, spiritual development and creativity.”

Author and faculty member at the Jung Institute in Switzerland, Joseph Chilton Pearce wrote, “Old age is an intensely exciting time of exploration and return, of adventure and spiritual discovery. Sure the body starts getting tired and breaks down, but the mind gets sharper and sharper. The real challenge of old age is to risk all habitual frames of reference and to open the mind to another field of possibility that lies beyond the physical. [Once we gain] a foothold in the inner world, we then can encounter death with calm anticipation rather than a horrifying fear.”

In his book *Aging as a Spiritual Journey*, Eugene C. Bianchi explains it this way:

*In this process the elder experiences detachment from possessive relationships to things and a broader attachment to people. He or she becomes less a consumer, and more a sharer of material and spiritual resources…”*

*A new picture of aging derives from a focus on an expansion of awareness, balancing our physical diminishment in old age with brain-mind development that opens up greater intelligence and new skills. We have the possibility of becoming enlightened sages.*

*The interior life becomes, in part, a preparation for contributing the authentic wisdom of age to the central concerns of communities and nations. The elderly, therefore, have the special role of cherishing life itself for its own intrinsic meaning.*

Retirement provides the time to explore spirituality that is often not available in the rush of earlier adult life. In fact, many consider spiritual growth an important part of self-care.

Becoming an elder or sage involves sharing one’s life experiences, knowledge and wisdom. The idea of old people being removed from society is being replaced with a dynamic concept of aging that consists of involvement and contribution to the physical, social and spirituality of the community.

*Volunteer Activities with Spirituality*

One of the best books about the role of elder in society is *From Age-ing to Sage-ing: A Profound New Vision of Growing Older* by Zalman Schachter-Shalomi and Ronald S. Miller. They write that elders are the ‘wisdom keepers’ maintaining society’s well-being and safeguard the health of the planet and all the inhabit it. It is the responsibility of elders to transmit a legacy to future
generations. One of the ways to do this is to share their life experiences with others.

COMMUNICATION

Do you have a passion for words and books? The retirement years are the perfect time for you. One of the first things people do in retirement is blow off the dust of their library card, join a book club or start thinking about writing the great American novel. For people who were busy with work and family, the luxury of indulging in a weekend of reading a good detective novel or *Ann Karenina* was lost. Besides travel, one of the most popular retirement activities is just having the time to read a good book.

If you love books, language and words, there are many other activities in which you can engage. Whether you are looking for leisure activities or starting a new business, there are numerous opportunities to express your passion for language.

There are many leisure activities involving words, language, and communicating in retirement. Most people will be content to just enjoy the time they have to read and enjoy the written word.

For the more adventurous bibliophile, there are opportunities to start a business. Whether it’s becoming a world-famous published author or the more practical book editor for authors, there are many ways to earn retirement income.

There are few retirement jobs involving words and language. They do exist if you have strong skills and are willing to hit the pavement.

If you’d love to share your love of books and language with others, there are many opportunities to volunteer locally and beyond.

*View additional stories and information about activities involving communication. Click on the title to view the complete article.*

*Leisure Activities with Communication*

If you want to expand beyond reading to writing, retirement is the perfect time to take pen to paper (or fingers to keyboard) to script the great American novel. If you aren’t sure you have a novel in you, how about starting with short stories or poetry? Many communities have ‘open mic’
nights where poets share their writing. There are many publications and contests for people who write short stories.

Write Your Autobiography
What greater family legacy can you pass to your children and grandchildren than the writing an autobiography? You might feel like your life isn’t worthy of a story. Everyone has lived through events filled with success and lessons that will be valued by others.

Start a Business in Communication
While it’s possible to find a part-time job, you’ll find most work related to writing and language is freelance and contract. If you’re a good writer, editor or researcher, you can make retirement income from your craft.

The University of Iowa Summer Writing Festival
The University of Iowa Summer Writing Festival is a short-term noncredit creative writing program for adults administered through the University’s Division of Continuing Education. Each summer, we bring approximately 1,500 writers to the University and Iowa City to participate in 130-140 week-long and weekend writers’ workshops across the genres.

Write a Best Seller in Retirement
Do you want to write a best seller in retirement? Recent changes in the book publishing business have opened up new opportunities for authors to publish and profit.

Licensed Real Estate Agent Writes a Mystery in Retirement
I was a licensed real estate agent, even owned a small company with my husband, but when the real estate market tanked beginning in 2008 it started costing us more money to do business than we were making. With so much time on my hands I got bored and decided to start killing people. Just as an intellectual exercise and a game, I used my years of experience as background and began writing a mystery with a real estate agent as the protagonist.

PERSONAL SERVICES

Personal services involve catering to the needs, tastes and desires of others. Personal services are divided into five clusters: personal appearance, healing arts, well being, hospitality and personal/property caretaking.

Generally leisure activities in GReAt refer to engaging in the activity for fun, recreation or as a hobby. In the Personal Services category, leisure refers to having these activities done to you. While men
are less inclined than women to indulge in personal services, the trend is changing. As both men and women confront aging, they are beginning to seek out the assistance of others to reverse the process, plus look and feel better.

View additional stories and information about activities involving conservation and the environment. Click on the title to view the complete article.

The **Personal Appearance** industry will become more important as baby boomers age into seniorhood. Occupations like hairstyling can be physically draining, as people are required to stand most of the day. The industry is growing and includes many other professions. While there are areas where you can have your own business, there are also opportunities to work for someone else in a salon, spa or medical facility.

**Retirement Work in Personal Services: Personal Appearance**
Personal appearance includes workers in occupations, such as barbers, cosmetologists (hairstylists), nail technicians (manicurists and pedicurists), make-up artists, estheticians (skin care specialists), electrologists, and image consultants.

The **Healing Arts** are also increasing as baby boomers search for alternative ways to stay young and healthy. As the world has gotten smaller, age-old cures and remedies from other parts of the world have gained popularity in the United States and western world. Baby boomers also tend to be more open to new ideas than previous generations. The healing arts incorporate health as the integration of the mind and soul, as well as the body.

Most practitioners of the healing arts have their own business. Often groups of individuals will band together to share space. There are a few opportunities to work for others, so if you’re interested in the healing arts, plan on being your own boss.

**Start a Business in the Healing Arts**
The Healing Arts have been around for thousands of years. Long before there was ‘modern’ medicine, shamans and other wise ones used multiple ways to heal the body, soul and mind. While some of the practices listed here are controversial in different circles, many are gaining wider acceptance. All require training or specialized knowledge, but most are not regulated by state governments.

**Wellbeing** is a catch phrase for all the other endeavors where people assist in personal growth and development. Some areas are considered out of the mainstream, such as astrology and graphology. Others, like hypnotherapy and personal coaching are increasingly accepted by the public. As with the healing arts, most practitioners in wellbeing set up private practices.

**Start a Business in Personal Services: Wellbeing**
There is a wide range of activities that are included under the umbrella called wellbeing. Many of these activities have their roots in ancient times. Throughout history, they have been revered and reviled depending on the beliefs of the culture at the time.
Hospitality is a huge industry employing millions of people. While the work isn’t often easy, if you’re dependable and proficient, you can get a job working in a restaurant or hotel. The good and the bad news is the hours are seldom 8 – 5 which allows many seniors to work off-shifts and still enjoy their days for other activities. Generally, people in hospitality work for someone else, but there are some opportunities to start a business.

View additional stories and information about activities involving hospitality services. Click on the title to view the complete article.

Retirement Work in Personal Services: Hospitality
Do you enjoy serving people and making them feel comfortable? The hospitality industry is huge and offers many opportunities for part-time, flexible and seasonal work for retirees. In some cases, travel may be involved.

Second Career as a Tour Guide
Have you recently retired and find yourself looking for ways to fill your days? Perhaps, you’re seeking a retirement career after spending years in an unfulfilling position. Maybe you would like to earn extra retirement pay to enjoy life’s luxuries in your later years. There are many reasons why people seek retirement employment.

Work on a Cruise Ship
Are there any jobs on a cruise ship for retired seniors? It is important to recognize that there will be 42 new ships in the next 5 years and that the industry is booming. More and more people are taking cruises and many of the cruise lines are becoming more luxurious and going after a wealthier client. There are host jobs for older men where they go on a cruise and serve as a partner for single older women on the ship. They dance, dine and keep the women company. Also, more and more cruise ships are hiring lecturers or experts on certain subjects to come aboard and give presentations.

Retirement Work in Hospitality: Gaming
Retired people have a reputation of enjoying gambling and gaming. In addition to recreation, there are also jobs in the industry. As local governments have looked for creative ways to raise revenue without directly increasing taxes, gambling has become more popular. Gambling facilities are usually connected with Native American Reservations or Tourist Enterprises.

Lastly, there is Personal and Property Care. As baby boomers age, there will be plenty of opportunity to find work or start a business as a caregiver. If you prefer caring for property, there are prospects for starting a business or working for others.

Start a Business in Personal Services: Caring for People or Property
Caring for People
There are many business opportunities to use your caretaking skills. Some jobs require training, but most are concerned with a mature person who is
patient and compassionate. Since there is a range of people who need caretaking, consider what would be the best fit for you.

**Caring for Property**

House sitting may involve checking on a home while people are away. This may involve watering plants, and taking in mail. If there is a problem, the house sitter will resolve and notify the owners. House sitting may take place in your local community or you may opt to look for opportunities around the world. The website http://www.mindmyhouse.com/ provides listings.

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**EDUCATION**

One of my favorite elder stories came out of the 2004 tsunami. As most of southern Asia reeled from the effects of the devastation, CBS News ran a story of the Moken, an ancient people who have lived on or near the SE Asian waters for thousands of years. They spend up to seven or eight months of the year living in the water and traveling the coastline of Thailand, Myanmar and Malaysia. On December 26, a clan of Moken living on the beaches in Thailand noticed the water recede into the distance. The elders, who understood the signs, warned the people to move to higher ground. At first reluctant, younger people argued, but the elders insisted. At sea, the Moken who were in boats also noticed the change in the ocean. They headed out further into open waters.

While over 175,000 people were killed in the tsunami throughout Southeast Asia, not one of the Moken died. The Moken elders had never actually experienced a tsunami, but they carried stories of these storms from the past.

As people moved from nature to technology-based societies, the role of elders changed. The history and knowledge that was passed from one generation to the next shifted as the newest innovation meant progress in the modern age.

While our parents might have gladly been shuttled off to the gilded gates of the over 55 communities, baby boomers are reluctant to be marginalized. This is a good thing. Over the last few generations, we’ve learned that elders can play important roles, even in the most technologically advanced societies.

One of those roles is educating and mentoring younger generations. Whether in families, communities or world wide, elders can share the values and mechanics of successfully living.
There are opportunities for earning money or volunteering in many different capacities based on your knowledge and desire. It's important that everyone recognize he/she has something important to impart to someone.

**Senior Volunteer Travel Helps Students and Environment**
I’m in my early 60s and have gone on several senior volunteer trips with Ecology Project International, an environmental and educational non-profit based in Missoula, Mt. with programs in Costa Rica, Baja, Galapagos and Montana.

**Retired Physicist Inspires Children in Math and Science**
What do you do if you’re a retired physicist? Play golf? Go fishing? Not if your name is John McConnell. After being a physicist for thirty years, Mr. McConnell retired to start completely new endeavor—mentoring children in math and science.

**Retired Teacher Uses Skills and Passion to Help Students Learn Math**
A semi-retired teacher, Tom Biesanz was looking for a fun way to teach his grandchildren math when he embarked on a new career as Founder of Pattern Play Math. Tom embarked on a journey to make learning math intriguing for students. He created a right-brain approach to teaching math that is interesting, but also effective in helping students grow.

**What do You do After Being a Supreme Court Justice?**
The primary focus of Sandra Day O’Connor is helping young people know about civics. A recent Annenberg poll found more people knew the names of American Idol judges than those who sit on Supreme Court. O’Connor is committed to changing that by providing curriculum materials to schools that make learning civics fun.

**Social Services**
I have a new neighbor who is always there to help a friend or family member in need. As a volunteer in retirement, she looks for ways to be of service to her community and beyond. At one time or another, most of us need assistance from others. Economic or social insecurities can happen with old age, physical or mental impairment, and death or desertion of a wage earner.

Prior to the twentieth century, family, churches or local communities met most of these hardships. Government and non-profits have increasingly provided social services to those in need today.
Like the friend I mentioned above, helping others can be considered a leisure activity. Not formally committed, people are available to help family and friends. Volunteering is usually more structured within nonprofits that work on a local, national or global basis.

Many retirees are looking for ways to put their knowledge and skills to use in the social service arena. Some choose to go to work in social services. There is also an increase in socialpreneurs who want to ‘do good, and do well.’ Many of these socialpreneurs are retired and looking for a new challenge to make a difference, but also earn money.

Getting involved in the social service arena is easy. There are multitudes of areas where there is a need and everyone should feel like they can find a place to make a difference. People in need range from children, women, elderly, disabled, veterans, minorities and homeless. Areas to contribute include healthcare, recovery, as well as meeting the basic needs of housing, food and jobs.

While there is always a need for specific skills and knowledge, anyone with an open heart and a desire to give can find a way of being in service to others.

View additional stories and information about activities involving social services. Click on the title to view the complete article.

Are Your Ready for the World Of Nonprofits After Retiring?
Understanding the organizational structure of nonprofits is important if you want to work or volunteer with them in retirement. While there are similarities with the profit world, there are some significant differences.

Volunteer Activities in Social Services
Social Services or human services have the goals to restore, protect, maintain and promote quality of life for those in need. This provides a huge opportunity to make a difference within families, communities and beyond. The ultimate goal of programs is to provide opportunities to help the disadvantaged become self-reliant and productive citizens. As a volunteer, people are involved providing hands-on support, as well as being an advocate or raising money for a particular group in need. Volunteers may also educate the public on the needs of a specific group.

Volunteer Overseas with Globe Aware
Globe Aware is a 501(c)(3) nonprofit US and Canadian charity that organizes and leads one-week volunteer vacations in 17 countries around the world. They combine the adventure of traveling with the joy of volunteering in needy communities by working side-by-side with locals, as equals, on projects that are meaningful to them. All projects promote cultural awareness and sustainability.

Projects Abroad Seek Senior Volunteers
Projects Abroad places a great deal of value on our senior volunteers, for with age comes a mixture of experience, skills, and patience that younger volunteers simply cannot offer. Older volunteers often tend to favor the more
altruistic projects, such as teaching and childcare, which is fantastic because these are generally the areas where there is the most need.

**Senior Volunteers on a Mission in Cambodia**
Oaks Club Preserve residents, Bob and Joan Tufts, are senior volunteers — working with a team to rescue kids halfway around the world through a project called the Cambodian Children’s Fund.

**Global Volunteering**
The purpose of a global volunteering is foremost to serve, and thereby, to learn first-hand about the host community and its people. It’s not simply an alternative to a standard vacation, but an opportunity to use your skills and interests in an unconventional setting for one, two or three weeks to benefit others in a community requesting outside help.

**Consider Taking a Volunteer Vacation**
The growth of volunteer vacations in the past decade has been nothing less than phenomenal. Opportunities exist across the country and around the world to build homes, care for orphaned children and animals, teach English, work to eradicate AIDS, and a multitude of other programs dealing with every facet of life.

**Heifer International Helps to End World Hunger**
There are numerous interesting and convenient ways to become involved at Heifer International. Volunteers are accepted to do work within an actual community, should they prefer a more hands-on experience. Study tours are also available; these allow people to visit Heifer project sites and experience the impact their efforts have on the communities they aid. There are also learning centers located in the U.S. that educate everyday people in the work that Heifer International does around the world.

**Being a Hospice Volunteer**
Hospice volunteering can be a very rewarding experience. Serving as a part of a team in the pursuit of excellence in end of life care, hospice volunteers understand that every person they care for is special and unique, bringing a lifetime of experiences to share with them.

**Strong Women Role Models for Growing Older**
Sylvia Allen is the adopted grandmother of 1,001 Ugandan children. Here’s her story.
Enterprising Retirement Activities

Enterprising activities involve influencing others. They involve starting up and carrying out projects. These activities can entail leading people and making decisions. Sometimes they require risk taking and often deal with business.

FUNDRAISING, SALES, MARKETING
(Also Includes COLLECTING AND BUYING)

If you have a knack for selling or influencing others, you will always be able to earn extra retirement income. In fact, sales work is one of the most common and popular areas for retirement work. It’s easy to adapt to different schedules and areas of expertise.

Many people will contend they can’t sell. That feeling is often based on a negative perception of sales people. The concept of sales used to be the
person who tried to sell you something you don’t need or want. For the most part, those days are over. Successful sales people today are committed to building relationships, even if for a few moments. Is there something you are passionate about that you would tell you friends? If you’re sharing information to people you care about, then you’re selling.

There are literally hundreds of opportunities and environments to hone your sales muscle. There are jobs working for others as well as starting your own business or operating as a contractor.

While most people wouldn’t consider ‘sales’ a leisure activity, there are numerous opportunities where retired people can volunteer their time for fundraising. Depending on where you want to put your focus, you can make a significant impact on many important causes by helping to raise money.

If you’re not interested in fundraising, but have a cause you’re passionate about, you can help increase awareness by educating the public. Or you could volunteer as an advocate to influence power brokers.

Sales is one area where being older is rarely a detriment. Maturity, wisdom and knowledge are often considered assets in the world of fundraising, sales and marketing.

View additional stories and information about activities involving sales, fundraising and marketing. Click on the title to view the complete article:

**Is Multi-Level Marketing a Good Way to Earn Retirement Income?**
Most people fall into two camps concerning multi-level marketing. They either love it or hate it. Instead of selling products in a retail store, companies pay individuals a commission to not only sell the product, but to enlist others to work for them. Often referred to as a pyramid, an individual earns commission from the people they brought in as well as any individuals below them.

**Collecting is a Popular Retirement Leisure Activity**
Are you a collector? If you’re about to say, “No,” Stop. Take a look around your home and I’ll bet you can find something you collect. Collecting is a popular pastime that grows in retirement.

**Retail Sales Remains a Great Way to Earn Retirement Income**
If you want or need to earn additional retirement income, getting a job at local store continues to be the number one work for retired people. It fits a number of criteria that retired people require, is reasonably easy to secure and suffers from less discrimination than other occupations.
START A BUSINESS

With the expanded lifespan and limited financial resources, many aging baby boomers are starting a retirement business. While not for everyone, having your own business can provide a nice outlet as you get older. Depending on how much money is invested and how much is needed to supplement existing income, a part-time retirement business can be a wonderful way to stay active.

Before you jump into a business, make sure you have the right personality for running a business. Also, identify your reasons for starting a business and what goals you want it to meet.

Even a business based on a passion or hobby requires effort. The first question you want to ask yourself is whether you are a self-starter. A retirement enterprise is still a business. If you’re going to make income and therefore pay taxes, you need to know you can keep records of income and expenses. You need to be organized enough to know whether you’re making a profit or have created a money pit.

Most retirement businesses are small solo or family operations. Are you going to be able to shoulder all of the responsibility? In addition, to performing the tasks connected to the business and record keeping, you’ll need to do the marketing, selling, and any grunt work that needs to be done.

Finally, do you have the physical stamina to run a business? Not only does operating a business often require physical strength, but most operations require a lot of effort and time commitment. If you’re not willing to do what needs to be done, starting a company in retirement may not be for you.

Begin by researching other businesses similar to the one you want to start. Talk to your financial team and complete some self-analysis. Starting a business in retirement can be fun, energizing and profitable. It can also be difficult, as well as financially and emotionally draining.

View additional stories and information about activities involving starting a business. Click on the title to view the complete article.

Fastest Growing Entrepreneur Occupations For New Retirement Career
The occupations listed here are considered to be primarily for the self-employed. In the Retirement Activity Guides, special consideration is given to the physical demands of the work and education needed. We’re presenting the list intact, minus the medical doctor occupations.
Review Franchise Business Opportunity for The Retiree
A brief review of franchise business opportunity articles for the retiree interested in starting a business. As baby boomers reach retirement age, they are going to look for ways to augment their retirement income. Starting a business is a great way to stay engaged, connected and earn extra income, as well as take advantage of certain tax benefits.

Is a Home-based Business Right for You?
More and more retirees are deciding to find a retirement career or start a home-based business. Many individuals have created very successful retirement companies from their own home. However, the process takes a while, and the decision should not be taken lightly. You have to devote a significant amount of your time, money and energy into ensuring the business succeeds.

Social Entrepreneurship: The New Face of Business
There's a quiet revolution going on in the world of business called social entrepreneurship. The U.S. Chamber of Commerce reports that 81% of business executives now believe that "corporate citizenship" should be a priority, and 75% report their businesses are actively involved in bettering their communities. But isn't the purpose of business to make a profit?

Assington Mill Short Courses
My husband and I looked for a place that would provide a project for us both and somewhere to run courses for me. We both had minimal pensions so needed to earn extra income. After four years of searching, we found a small derelict watermill and farm of 86 acres set in a beautiful remote Suffolk (UK) valley.

Aging Boomers Helping Seniors
As aging boomers shift from full-time careers, they are looking for new options. Many will get involved in helping seniors. Maggy Young shares her story.

Help For Grandparents
Joan McCoy started an Internet business helping grandparents select books, music and video products for their grandchildren. “I am passionate about the issue of children’s media and took a giant leap of faith that I could pull it off. In order to be successful, I developed realistic goals, sought out young, smart, and talented people to help me, and created what I believe to be a successful model for presenting products and information on the web to people around the world.”

How to Start a New Business at Sixty
I was a retiree who felt compelled to turn an idea into reality. With time and a commitment to succeed, ShivaConnect.com is now providing support and assistance to people at a time of loss. I feel proud and invigorated every day as heartfelt appreciation for the service we provide is expressed.

Low-Cost, Easy Businesses to Start in Retirement
Would you like to start a small business that will give you something to do, as
well as add a little retirement income to your life? Many retirees would like to start a business, but are not interested in a huge enterprise that will take a lot of capital to start and more time to run.

**BUSINESS/MANAGEMENT**

One of the complaints of spouses of retired managers and executives is they try to manage the home after retirement. Many of the skills used in management are difficult to transfer to retirement. Delegation and meeting management are two examples of skills that may not translate well to a non-work environment. The other skills of management, such as problem solving, decision making, planning, and communication have more applications in the ‘real’ world. People with business experience may get involved in serving on boards of non-profits, consulting or starting a new business.

*View additional stories and information about activities involving business and management. Click on the title to view the complete article:*

**Being a Consultant: Opportunities for Mature Workers**

Many mature workers, professionals and middle managers have found themselves unemployed due to the most recent recession. When a new job becomes difficult to find, many turn to being a consultant.

**LAW, GOVERNING, POLITICS AND ADVOCACY**

For many, the retirement years are a time to get involved in the political process. Seniors are considered an important voting block, and retirement affords the time to contribute to the governing and legal process. While many of these activities are done on a volunteer basis, there is opportunity to earn money in retirement in various areas.

**Activities in Governing**

Governing involves many different arenas. While most people think of governing on a state or national stage, most people start out at the local level, where there are more ways to get...
started. While governing at some levels is a job, most people who govern at the local level do it as a volunteer.

**Activities in Politics**
There is a distinction between politics and governing. Governing is what you do after you win a political race. Seniors make up the bulk of people involved in the political process. With time and passion, seniors are actively involved, primarily as volunteers, in every aspect of the political system.

**Activities in Lobbying and Advocacy**
The term ‘special interest group’ is seen as a bad thing in politics today. The reality is we are all part of many different special interest groups who want our voices heard by the authorities in power. In addition, many individuals and groups that don’t have a voice need to be heard. Lobbying and advocacy is means groups use to have their opinions heard. Once again, most of these activities are done on a volunteer basis.

**Activities in the Law**
While becoming a lawyer takes many years, there are numerous ways to become involved in the legal arena without becoming an attorney. There is work in the law, as well as opportunities to volunteer.

View additional stories and information about activities involving politics, governing, law and advocacy. Click on the title to view the complete article:

**What do You do After Being a Supreme Court Justice?**
Her primary focus at 82 is helping young people know about civics. A recent Annenberg poll found more people knew the names of American Idol judges than those who sit on Supreme Court. O’Connor is committed to changing that by providing curriculum materials to schools that make learning civics fun. Focused on middle schoolers, students can play Internet games that help them learn about government and the running of the country.

**Finding a Retirement Purpose in Local Politics**
Walk into any town or city council, school board, homeowners’ association meeting and you will see retired people who are involved in governing their communities. Patty Lasker lives in my community in Prescott Valley, Arizona. I asked her about becoming a member of the city council.
Conclusion

Many people have been successful in their career and raising a family, only to find retirement much more difficult than they imaged. Not only may time be more difficult to fill, but losing a sense of meaning and identity can be overpowering.

Introducing...

The Retirement LifeMap

Your Guide to Continued Success

The Retirement LifeMap is designed to take the fear and frustration out of what’s next. Whether you want to retire or reinvent work, The Retirement LifeMap is designed to encourage you to look at the future in a positive, but realistic light. You will acquire the confidence and knowledge to move ahead. You will also learn to take risks and explore new options for a more fulfilling and rewarding Third Age. (View an Example of an individual Retirement LifeMap)

I’ve been helping people find passion and meaning in their lives for over twenty years. Let me help you.

Many of my clients share the same characteristics. They are committed to their own personal growth, as well as living life with passion and commitment.

You have a deep desire for meaning in your life - You have been successful in your work and family and you want that same sense of success in retirement. This doesn’t mean just filling hours, but being engaged in activities that are fun, as well as productive.

You are willing to try something new – You already know that doing it “your way” hasn’t worked so well. You are willing to try a new way, not “my” way, but a “different” way and see what happens.

You are willing to commit to the process – You know there is no “quick fix.” You are willing to take the time and explore options as you create new opportunities for finding meaning in your life. You recognize that sometimes things feel worse before they feel better. Setbacks don’t faze you. You don’t give up.

You want to have fun along the way - Working on your life is serious work, deep work, hard work. You are willing to experiment with your life. You understand that the answers won’t come instantaneously, but you’re committed to the journey.

You want results – You are consistent in applying yourself towards improving your life. You’re not looking for the easy answers, but ones that will bring you a deep sense of purpose. You continue to do “whatever it takes.”
Cathy Severson, MS

Counselor, Author, Speaker, Seminar Leader

Founder of Passport to Purpose, www.cathyseverson.com, a professional and personal development company, which includes the subsidiary Retirement Life Matters, www.RetireWOW.com and www.RLMNow.com who helps people find more meaning and purpose in their lives and work. Cathy has developed a three-pronged system to help individuals identify their core attributes, which is used to construct a powerful vision and plan for creating a more fulfilling life.

With a master’s degree in Career Counseling from California State University, Northridge, CA, Cathy has worked with students and adults in K-12, college, government and private enterprise. Cathy is creator of VISTa Life/Career Cards, a counseling tool used by therapists and career professionals around the world.

“I hate the possibility that my generation, which is the most educated, wealthiest and talented group of people to ever live, throwing away the opportunity to do something significant with their retirement. We’ve been given a gift. Never before in the history of the human race have we had the gift of this much time. The question is: what are we going to do with it?”

Email me: RetirementLifeMatters@Gmail.com
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Cathy is also an award winning watercolor artist who shows and sells throughout Southwest.