

Learning to be retired.

This course is being piloted in Kendal this Autumn in Oct and Nov. We still have a few places, why don't you consider joining us? Everyone, including the co-facilitators will benefit & learn something useful, that applies to this phase of our lives.

This course isn't only intended for those new to retirement but also for anyone who has been retired for while and wishes to reflect and review. Retirement is not just a phase of life that continues exactly the same, from beginning to end. Within it we all experience changes. Sometimes we can benefit from reflecting and reconsidering our future options. As members of the U3A we know that there is always more to learn about any topic.

The course has been written by two retired academics Julia South and Carole Ellis (Sheffield and Bromley U3A). They have now offered it to other U3As, so it is also being piloted in other branches.

Look at the course outline below. If you can attend the first session, plus three others we can now offer one week as a distance learning pack. It will run on Friday mornings from 10.00. a.m. until midday. The dates are: 11th and 18th October; 8th, 15th & 22nd November . There will be a charge of £3.00 to contribute towards room hire and to pay for handouts.

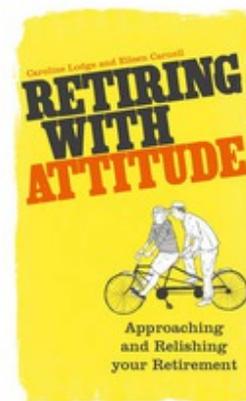
It is a structured course, with 'homework' between the sessions. It is focusing on each of us as individuals and is iparticipatory. If you are interested in this course or the one planned for January/February 2020 please contact us on : slu3alearningtoberetired@hotmail.com

Week One



THE UNIVERSITY OF THE THIRD AGE

SLU3A



Learning to Be Retired

What is the aim of the course?

The aim is that by the end of the course ...

- You will feel **clearer** about who you are/will be as a retired person
- You will have made decisions and developed a **personal 'strategy'** for making the most of your retirement
- You will have **identified opportunities and ideas** to explore and follow up

What will we cover each week?

Week One

We explore the facts, myths and feelings around retirement and consider where we are in the retirement process

Week Two

We look at developing a new, non-work based identity. This involves exploring who we are and who we might become.

Week Three

We look at what people 'do' when they're retired and explore potential new activities, interests and adventures.

Week Four

We explore our need for social connection and how we can maintain strong relationships and communities.

Week Five

We look at the nuts and bolts of day-to-day living and how best to structure our time. We review all that we've learned and we look at how to make retirement 'the time of our lives.'

(N.B. These will all be covered using well researched resources, for e.g. The Kubler Ross Curve and Maslow's Hierarchy of Needs)