

PURPOSEFUL RETIREMENT ACTIVITIES LIST

Spend more time with your grandchildren	Find out what a rebus is and create ten of your own	Type your name in an Internet search engine and see what comes up
Go to a baseball game on a Wednesday afternoon	Find out what was happening on the day you were born	Learn about solar energy
Take up golf or continue	Have a garage sale	Do a jigsaw puzzle
Play tennis	Rearrange your living room furniture	Visit a craft show
Go to Mardi Gras in New Orleans	Fly a kite	Learn a magic act
Teach English as a second language	Learn to impersonate someone famous	Cook a meal for someone in need
Go live in another country	Join an encounter group	Learn another language.
Tutor or teach others	Learn famous quotations	Care for someone ill
Mentor	Memorize a song	Learn about new religions
Phone an old friend just for the fun of it	Learn how to sing	Compile a do-list for the rest of your life
Wash and polish your car	Memorize a poem	Become involved in politics
Skip rocks on the water	Truly experience a sunset	Compile a not-to-do list for the rest of your life
Put something out-of-the-ordinary in your will so that your heirs will have to earn their money in a fun way	Write down five of your greatest faults or weaknesses and then choose one to overcome during the next year	Take stock of all the material things you don't want or need; sell these and use the money to throw a big party for your friends
Attempt a form of writing, such as a song or poem, that you have never tried before	Teach children of low income parents to read	Visit a cemetery and find the most interesting or funniest epitaph
Join a club	Go sailing	Imagine or plan what your epitaph might say
Go on a cruise to the Caribbean	Build a boat	Teach a lifelong hobby to others at night school
Learn to paint - Paint a self portrait	Watch interesting court cases at the courthouse	Celebrate your adventurous spirit by....
Walk or run	Bike	Swim
Start a new business for enjoyment, not for the money	Research a certain era of your country's history that keenly interests you	Choose a town within fifty miles of your home and spend the afternoon there
Go to a park and sit in silence for 30 minutes to absorb the sounds of nature	Start a new club for people with similar interests	Invent a new service, product, gadget or the like
Visit a church camp during the summer	Start a small group of people of similar age	Learn more about the stock market
Ski, snowshoe or skate	Learn how to repair your car	Volunteer
Participate in team sports such as baseball, basketball, volleyball, etc.	Throw a dinner party for a variety of people	Create Health Directive for yourself and family
Visit art institute or art gallery	Approach a stranger on the street and ask him/her to tell you their life story	Reconnect with a hobby from your youth
Reminisce about your favorite childhood pastimes – then choose one to relive today	Go to the library and leaf through old magazines to remind you what life was like as a teenager	Research Green Tortoise bus tours on the Internet and choose one for an out-of-town trip
Attend sporting event	Visit some of our 58 national parks	Plan your funeral
Attend movies, plays or concerts	Write a handwritten letter to an old friend	Create an ethical will for your descendants
Take a yoga or aerobics class	Have a long conversation with a child to see what you can learn	Create a will or estate plan
Go to the gym to exercise	Roller skate	Organize photos
Take up dancing, (zumba, ballroom, tap, etc.	Volunteer at a zoo, hospital, nursing home, youth camp., etc.	Downsize household goods so your children some day don't have so much work to do
Choose a person who you have been angry with and write a letter of forgiveness	Photograph nature while enjoying the outdoors	Attend a retreat
Join a discussion group	Have a candlelight dinner with someone	Attend a bible study
Write a letter to yourself listing the goals you expect to accomplish in the next five years – seal it and open it in five years	Join a club to improve your public speaking	Join a prayer group or faith based class
Learn to play the piano or other instrument	Join a wine tasting club to learn about wines	Interact with various generations
Surprise a good friend	Go back to a university or college to take a class or earn a degree	Join a current events discussion group or start one
Learn how to cook	Learn all about health and fitness	Take more picnics or lunch out
Create a new recipe	Pick fruit in an orchard	Learn a new hobby (woodworking, knitting, sewing, etc.
Visit present friends	Visit local tourist sights	Take up scrapbooking
Visit old friends	Create your own palindrome	Travel in US (visiting family or friends)
Try to meet new friends	Go to a flea market	Travel - International
Hike at a new location - Nordic walk with poles	Take a catnap	Participate in mission service, domestic or international

Meditate	Go to garage sales	Do more gardening
Drive around the city	Help an environmental group preserve a rain forest	Provide caregiving for parents
Drive around the country	Use the Internet to search for former classmates	Offer more caregiving for grandchildren
Create your own file of jokes and graffiti and see if you can get it published	Prepare a collage of all the things you want to do in retirement (a bucket list)	Play Board games with friends and family
Read books	Write a computer program	Go/learn birdwatching
Paint a house	Record a CD	Work on a prairie project
Fish	Sponsor a foster child in Haiti	Volunteer at the food shelf
Walk through a jungle	Go to visit your foster child in Haiti	Volunteer at church
Attend a poetry reading	Go camping	Do your own genealogy
Start your own personal web page with your favorite quotations/pictures and other things others may find of interest	Choose somewhere exotic in Europe or elsewhere that you would like to visit – then take a part time job to earn the extra money so that you can go	Start a new small group or club
Write poetry	Go to horse races with ten dollars	Learn to cook or cook new foods
Have a heart-to-heart conversation with a friend in which there is no planned ending time	Ride public transit for fun	Start a collection
Write a fairy tale	Start a newsletter	Try scuba diving or snorkeling
Write a book	Walk in the wilderness	Try a new restaurant
Write in your diary	Do crossword puzzles	Use strengths or gifts to help others.
Write your autobiography	Travel to old haunts	Visit some or all of the 76 MN state parks with over 1000 miles of hiking trails
Research and write someone's biography	Go white-water rafting	Walk or bike the length of Minnehaha Creek
Record the history of your home town	Take a hot-air balloon ride	Visit North Shore; drive around Lake Superior
Research your ancestors	Be a big sister/big brother	Go to Adult Forum on Sundays
Create a drawing of your family tree	Go to a tennis ranch to improve your tennis	Visit State or County Fair
Record your family history or compile family stories	Ride the lightrail lines - stopping to visit restaurants & stores - transfer to the North Star	Explore U of MN on foot
Write a book about how your ancestors have affected your life	Attend live theater	Participate in an investment group or club
Take up acting	Attend the symphony	Walk the downtown skyway system
Write the novel – time to walk the talk	Truly communicate with someone special today	Teach your dog new tricks
Create a new cartoon	Enter your favorite recipe in a contest	Canoe St. Croix or other river
Treat yourself to a massage	Take dancing lessons (tap, square, swing, classical, Zumba, ballet)	Join a Habitat for Humanity work group
Have a latte' while reading the newspaper in the outside patio of a coffee bar	Run for political office	Take time for personal devotions; read one chapter a day from the Bible
Ride a bicycle	Visit a zoo	Visit one or more of our 21 presidential libraries
Ride a motorcycle	Make your own wine or beer	Create book of annual Christmas Letters
Invite friends to your home	Kick the television habit	Network with other retirees about their activities
Invent a new board game	Learn how to read financial statements	Phone old friends
Become a connoisseur of inexpensive restaurants	Increase your vocabulary - learn a new word each day	Try to create an interesting wardrobe for only \$50
Go to the library	End the evening by reflecting on your day	Start a collection of.....
Play with children who are not related	Start a new charity	Swim
Offer to work for nothing	Make a list of all the successes in your life	Dive in the water
Play billiards	Surprise a friend	Go to church regularly
Read the entire newspaper each day	Take twice as much time as usual to eat	Get a pilot's license
Restore an old car	Go bird watching	Take up photography
Restore a piece of furniture	Play Bingo	Renovate your house
Clean a room in your house	Take community education classes	Expand this list to 500 activities