



Aging on Your Terms

RECONNECTING WITH YOUR PURPOSE AFTER RETIREMENT



Make every day new.

Retirement is a new chapter, not an ending. It's a segue into an opportunity to reimagine life's boundaries and recreate purpose with every day. For aging individuals, these years beckon with the promise of sweet freedom, unbound by the rigors of professional life yet teeming with the possibility of personal growth and enhanced well-being. Your retirement years deserve the gilt-edged satisfaction that stems from living life on your terms, and it all begins with the right blueprint.

"Aging on your terms" is a philosophy opposite of the cookie-cutter conceptions of retirement and invites individuals to shape their own narratives. With a spotlight on personal choice and community, we chart a path that not only empowers us but assures us that each day is lived with intent. Our team at [Bartlett Reserve](#) is sharing tips on how to find purpose and redefine your retirement years on your terms.



The Pursuit of Purpose in Retirement

Purpose provides life with structure and meaning, but like many facets of life, purpose can also be reinvented and redefined.

What is Purpose?

"The purpose of life is a life of purpose" - Robert Byrne.

Purpose is often misconstrued for a singular, grandiose mission that one has to pursue feverishly, but in reality, purpose a series of small, meaningful commitments that collectively provide direction and heart to your days. It's the way in which one engages with life – through work, relationships, personal endeavors, or spiritual inquiry.

Understanding this multiplicity encourages individuals at any age to look within and around themselves to seek programs and connections that resonate with their core being and recalibrate as many times as necessary. It's about realizing that each day presents a canvas on which you can paint a new reason for being.

The Four-Steps Process for Redefining Purpose

Consideration	Consideration	Consideration	Notes
<p>The first chapter of your life's book already speaks volumes of what you consider vital and valuable.</p> <p>Use this as a guidepost to outline potential areas of interest that could become your pillars of purpose.</p>	<p>The hobbies and pursuits that you value the most are likely symbols of the causes and passions that could bestow your life with direction and joy.</p> <p>Making these pillars of your life can ground and guide your retirement years.</p>	<p>Understand that purpose doesn't have to be monumental.</p> <p>It can be as simple as volunteering at a local library or setting up a community support group.</p> <p>These micro-goals give a sense of achievement and build toward a larger, fulfilling whole.</p>	<p>Often, a shared cause draws together a dynamic group of individuals.</p> <p>Engaging in these social endeavors not only amplifies the impact of your actions but also embeds meaningful relationships into your pursuit of purpose.</p>

Programs for Thriving in Retirement

Reaching retirement doesn't need to mean that the time has come to slow down; instead, it can be a call to revitalize the pursuit of joy, novelty, and engagement. Here are four major directions you can take:

Learn a Set of New Skills

The charm of childhood is often attributed to the active learning of new skills and aptitudes. Retirement provides a similar playground for adults to explore and develop new talents without the pressure of perfection or deadlines.

What can you learn?

- **Digital Literacy:** The world is becoming increasingly digital, which could be daunting for the inexperienced. However, mastering digital platforms could open up a world of connection and convenience.
- **Crafts and Hobbies:** The list is as endless as the papier-mâché sculptures and knitted blankets you could create. Woodworking, pottery, cooking, and calligraphy are just the tip of the iceberg.
- **Fitness and Wellness:** Age doesn't compromise the necessity for physical well-being. Hobbies and programs like dance, tai chi, swimming, and even martial arts can enhance strength and flexibility. Try connecting with nature through local walking clubs or solo hikes. The outdoors never ceases to offer a space to breathe, reflect, and stay grounded with the natural world.

Teach from Experience

Retirees are fountains of knowledge, filled with stories, lessons, and insights waiting to be shared with the world. Sharing your wisdom could be a great way for you to connect with your purpose and find meaning in your retirement years.

How can you teach?

- **Local Community Classes:** Many local community centers offer courses led by residents. Sharing your expertise can enrich the learning of others and invigorate the community.
- **Mentorship Programs:** Guiding the youth or offering counsel to young entrepreneurs could steer them through the complexities of life and business with the wisdom of hindsight.
- **Consulting and Advisory Roles:** An area where experience is not only welcomed but sought after. Businesses and organizations value the perspective that seasoned professionals can offer.



Programs for Thriving in Retirement

Socialize and Engage

Humans are social creatures, and retirement doesn't lessen the importance of connecting with others. In fact, this is the time when social circles can expand and relationships can deepen.

How can you stay connected?

- **Join Clubs and Organizations:** Whether it's a bridge club, a bird-watching society, or a local charity group, the camaraderie of shared interests can knit communities together.
- **Use Digital Platforms:** The internet has bridged the distance between individuals around the world. Social media and video calls can keep families close and reunite old friends.
- **Attend Social Events:** Local fairs, community events, and social gatherings can be the perfect hubs around which the social life of retirees can orbit.
- **Literary and artistic pursuits:** The world of art and literature speaks to the soul. Engaging in these realms, be it joining a book club, attending literary events, or even putting paint to canvas, is therapeutic and inspirational — igniting the creative spark within every individual.



Pursue Wellness

At the heart of a fulfilling retirement lies enhanced physical and mental well-being. Programs in this vein are not just beneficial — they're essential.

What can you do to stay healthy?

- **Regular Fitness Regimen:** Tailor a fitness routine to maintain strength, balance, and flexibility. Exercises like yoga, swimming, and simply walking can offer many benefits.
- **Mental Exercise:** Puzzles, chess, and even crosswords can be the mental calisthenics that keep the cognitive wheels turning smoothly.
- **Volunteering:** Engaging in social service not only enriches society but also elevates one's own sense of well-being, contributing to a broader understanding of interconnectedness and community. Countless organizations rely on the collective wisdom and energies of retirees.



Age is Just a Number

If you're having trouble staying motivated to find purpose after retirement, here are some examples of successful individuals who prove that age remains nothing but a number.



Grandma Moses

"Life is what we make it, always has been, always will be."

Anna Mary Robertson Moses was an American folk artist who began painting at the age of 78. Her work was displayed at the MoMA in New York. She was named the Woman of the Year in 1951 by the National Association of House Dress Manufacturers and even graced the cover of Time Magazine in 1953.

Let these extraordinary people or any other person you admire serve as inspiration for you to reconnect with your dreams and passions. Each one of us has a unique purpose in life - it is up to you to find yours.

Diana Nyad

"Never, ever give up. You're never too old to chase your dreams."

On her fifth attempt, Diana Nyad swam from Havana, Cuba to Key West, Florida, at age 64 - a journey of 110 miles and over 60 hours.

Yuichiro Miura

"It's important to have a dream no matter how old you are."

In 2003, he became the oldest person to reach the summit of Mount Everest, a record he broke twice by doing it again at the age of 80 in 2013.

Colonel Harland Sanders

"I've only had two rules: Do all you can and do it the best you can."

After hard work and often sleeping in the back of his car, he established the KFC restaurant chain at age 65 and then sold it eight years later for \$2 million.



Senior Living and Your Purpose

Starting this new chapter and embarking on the journey of reconnecting or redefining your purpose in life can be overwhelming. Your surroundings and everyday routines can either draw you closer or push you further from fulfilling your dreams. Senior living communities have spaces and programs specifically tailored for each resident and can become the perfect spot for you to learn new skills, engage and socialize, give back to the community, and discover new passions.

Life at Bartlett Reserve

Nestled on a tranquil street in Durham, North Carolina, Bartlett Reserve is more than just a residence for independent living. We cultivate a sense of community, where both residents and team members watch out for each other like a tight-knit family.

Our mission is clear: to anticipate the needs of each resident, heed your desires, and ensure a hassle-free living experience, all while respecting your privacy and autonomy. With exceptional services in a warm, inviting setting, we create a responsive and flexible community that prioritizes resident well-being.

Bartlett Reserve offers Southern independent apartment living enriched with a variety of engagement options, including programs, outings, fine dining, and events. Experience your finest independent lifestyle in a safe, picturesque community. Explore the bistro and hobby rooms and savor chef-crafted dinners with friends in the restaurant-style dining areas.





We encourage you to contact a team member at Bartlett Reserve or [schedule a tour](#) to learn more about our premier independent living community in Durham, North Carolina.



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