



Refirement Network
don't retire. refire



Dear Boomers

Thank you to all who write, connect and engage after newsletters have gone out. It is good to know that many are focusing on their next life stage and making sure they design a great life over the next few years.

I had a great interview with Leigh Benny on Radio 702 and Cape Talk this past week. The podcast link is here if you missed the show. <http://www.pod702.co.za/podcast/wordonpsychology/20120920PYSCHOLOGY.mp3>

The Retirement Expo 2012 is a month away. A great place to come and view a range of products for our demographic group. I will be there and would value you coming to see me at my stand or come and listen to my talk each day at 14h00, titled: Work for the over 50's- Finding Purpose, Passion and a pay Cheque. An E Book with the same name will be launched at the show as well.



The Retirement Expo

Your future starts here

26-28 October 2012. Coca-Cola Dome, Johannesburg.

Whether you're retired, nearing retirement or conscientiously planning ahead, come discover a multitude of ways to reward your decades of hard work, with a well-planned and inspired retirement!

See, feel, touch, talk about and experience:

- **Interactive Workshops** . Get constructive and intelligent advice from the experts and have all your questions answered on the art of living a rewarding and meaningful retirement.
- **Top Notch Exhibits**. Tour through a stunning showcase of retirement properties, financial planning services, properties, estates, travel options, resorts, healthcare, mid care, frail care facilities and so much more.
- **Activity Areas**. Shake up your body, and your ideas of what fitness entails, as you unlock the secret to a fabulously fit retirement, with step-by-step guidance on preparing for an active, healthy and happy retirement.
- **Hobby Areas**: Be inspired by an array of hobbies that will excite, enthuse and engage you.
- **Health Oasis**. Relax and enjoy your visit with a stop at the Health Oasis for delicious, nutritious and supremely healthy foods, snacks and refreshments.

Bring your family and friends for a thoroughly enjoyable, entertaining and enlightening experience. It's never too early to plan for an inspired retirement or too late to change your life and rediscover your purpose!

Save the Date

The Retirement Expo runs from 26-28 October 2012 at the Coca-Cola Dome in Johannesburg and is open from 9am to 5pm daily.

Tickets cost just R60 per person or R30 for those already enjoying their retirement, students and children under 18. Discounted parking has been arranged for seniors at R 10 per car.

Get the Info

Visit our website to explore the expo and plan your visit at www.retirementexpo.co.za

Engage with us on Facebook and follow us on Twitter @retirementexpo for up-to-the-minute updates on events, exhibits, entertainment and more.

Don't just be retired, be inspired-retired! Visit the Retirement Expo for a healthy dose of inspiration and find out how gratifying and fulfilling your retirement can be.

One of my favourite Baby Boomers is launching her business all over the country. Watch out for a Dancing Divas near you. Last year, Tina won the 702 Small Business Awards for her wonderful concept http://www.youtube.com/watch?feature=player_embedded&v=67tJwUR-2HA

The ForGood Network has just launched a wonderful new section to their website and strategy. Giving back and adding value can create meaning in your life and certainly will make a difference to those you engage with.



Retiredforgood

**You've left your job for good (never to go back!). Now what?
Give your passion and skills purpose with forgood.co.za**



Calling all retirees

We are looking for retirees across the country to donate their time to causes (charities, NGOs, schools etc.) on forgood and in doing so, impact their world forgood in the years when time is their greatest gift to others.

About forgood

Forgood uses technology to connect people to causes for social change.

The majority of people in South Africa would like to do something good but don't know where to start or how to find things to do. **This is where forgood comes in.** We bridge the gap between people who are able to give (time, money or goods) to the people that need (charities, groups, causes).

How you can help

With over 700 causes registered on the site, we have found that many causes are lacking expert skills given their cash-strapped circumstances. **That's where you come in.** Whether you're a retired engineer, school teacher or accountant or you've got a passion for gardening, sewing, or coaching, causes could do with your skills and passion, whatever they may be.

Retired engineers: offer your handyman skills to take care of a cause's property maintenance. Retired teachers: offer to train young teachers in an underprivileged area near you. Avid gardeners: volunteer your time to improve an orphanage's garden.

The world is once again your oyster with forgood Offers.

How to get involved

- Go to www.forgood.co.za and click on 'Offers'
- Create an offer and select the relevant category.
- Once you've received an applicant for your offer that you like, accept their offer.
- Get your good on and give them your time.

Forgood is an initiative of Heartlines, an award-winning NGO (www.heartlines.org.za) and Young and Able, a youth development company (www.youngable.com).



Please share this newsletter with friends and family and help us grow the message across the country.

Warm Regards
Lynda

Social Networking



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