



Preparing for Retirement Programme 2024

Monday 28 October

- 15:15 **Arrival and Check In**
- 15:45 **Afternoon Tea**
- 16:30 – 18.00 **Retirement on the Horizon** - Karen and John Smith
- 18:30 **Dinner**
- 20:00 – 21.15 **Pension Information** - Steve Kaney

Tuesday 29 October

- 08:00 **Breakfast (finishes at 09:00)**
- 09:30 **Opening worship**
- 09:45 – 10.45 **Who am I?** - Heather and Ken Walker
Identity and the transition from pastoral ministry into retirement ministry.
- 10:45 **Coffee**
- 11:15 **RBMHO** - Andy Hughes
- 11:45 **Retirement: A Theology of Reinvention**
Ian and Rosi White
- 13:00 **Lunch**
- 13:45 **Reflecting on “How am I feeling about retirement?”**
- OR

Open Surgery: Pensions & RBMHO

Optional Session with an opportunity to explore personal situations on an individual basis.

OR

Walk - Ken Walker

- 16:00 **Afternoon Tea**
- 16:30 – 18.00 **Living Well** - Dr Richard Bowman
A healthy lifestyle in retirement.
- 18:30- 20.00 **Dinner**
- 20.45 **Labyrinth and resources for retirement** – Heather Walker

Wednesday 30 October

- 08:00 **Breakfast (finishes 09:00 and check out of rooms by 09:30)**
- 09:30 **Next Steps** - Karen and John Smith
- 10:30 **Coffee**
- 11:00 - 12.30 **Communion and Prayer**
- 13:00 **Lunch and Depart**