

SILVER TRIBE NEWS

Baby Boomers Nelson Bays — Born 1946 to 1964

In this issue:

- Wakefield Stay Well Group
- Every day do something
- Annual Tribal Gathering
- Silver Tribe Interest Group 2019
- Motueka Workshop
- Face Book

It's our time!

Kia ora, hello again everyone!! We have raised our children and sometimes our grandchildren, we have spent our life supporting our family; partners, siblings, perhaps our aging parents. We have worked hard for our employer or built a business and have contributed to our friends lives and communities. Now it is time for US!

The purpose of this newsletter is to celebrate, connect and share the wisdom of the 'young old', the mature workers, experienced and wise!

What is retirement anyway?

It was a joy to meet up with some 25 members of the Wakefield Staywell group this spring.

The question on their mind was; what is retirement anyway?

Together we shared our stories and life experiences. At times they were revealing, sometimes sobering and sometimes they were hilarious. Great to be in it together!

A 'conversation piece' guided our session i.e. an 'A to Z' of topics that impact the baby-boomer generation and of course beyond. Acceptance, Budgeting, Collaboration, Down-sizing, Exercise and so on.

I have to say I particularly enjoyed our laugh about the *Zzzzzzzzzzzzzzzzzzzzz* at the end .. i.e. those kips we might steal during the day or nodding off in front of the TV.

Thanks Wakefield Stay Well Group !!

I really appreciated your freshly picked fragrant spring flowers and thankyou card.



Chris offers to visit your community group too, to find common ground and open the conversation - as we are 'in it' together. Joys and challenges are much better shared.



Every day do something



- ◇ Challenging—push boundaries
- ◇ Rewarding
- ◇ Kind—self / others
- ◇ Invigorating
- ◇ Funny
- ◇ Mind stretching
- ◇ Nourishing
- ◇ Creative
- ◇ Social—connect with others
- ◇ In Nature
- ◇ Inspirational
- ◇ Physical—heart pumping
- ◇ Neighbourly
- ◇ Spiritual
- ◇ Sensory—5 senses

AND include time to just BE

Our First Annual Tribal Gathering!!

Everyone is warmly welcome—Perhaps 60+ people are now on the mailing list so it will be wonderful to bring everyone together. Feel free to be a little creative and get in the mood with some tribal attire, or more importantly join us as YOU!

Wear something tribal - subtle or otherwise - bring a silver friend

SILVER TRIBE GATHERING

Inaugural end of year tribal event
Fun - Give aways - Announcements -
Afternoon tea!

Saturday Dec 15th / 3pm
Victory Community Centre
Koha

RSVP Chris Hickson
silvertribenz@gmail.com Dec 10th

Baby-Boomers Connecting

Silver Tribe Interest Group

At the Richmond Library interest group meeting in September we discussed our preparations for and/or ongoing retirement. Three baby boomers listened to a traditional member who shared that in her day, “It (retirement) was expected, it was what you did”. The baby boomers realised the extent to which they are a questioning generation who are actively shaping and customising their own life style transitions while maintaining their individuality, interests, talents and values, grateful for all the contributions our parents gave.

This year people have requested ongoing meetings and opportunities to have conversations and connect socially. In 2019 a set monthly meeting is planned in Richmond, a great central venue growing in popularity and on FB. See poster to follow.

There will also be monthly random café dates. The latter will be advised via a new Facebook page and/or newsletters. Do visit / search Facebook @silvertribeNZ .

It’s all new so your comments will be warmly welcome!!

Otherwise email or text your interest to Chris who will advise you of the dates.



SENIOR LIFESTYLE INTEREST GROUP

WHEN
1st Thursday each month from
7th Feb 2019
Keeping us all on track!

WHERE

The Railway
Station Café & Restaurant
321 Queen St Richmond
Nelson



FEATURING • Baby Boomer themes • Social & Health info • Finance & Legal Info • networking opportunities • Fun • Quiz questions • Guest speakers • laughter.

WWW.SILVERTRIBE.CO.NZ

SILVER TRIBE EVENT

ALL WELCOME

- KOHA -
Mature aged workers
Planning retirement
Newly 'retired'
50+ Lifestyle transition
Bring a friend or 2

MAIN PROGRAM

Between 4 until 5pm
◊ Spot prizes
◊ Quick quiz
◊ Information sharing
◊ Socializing
◊ Discussion
◊ Resources

REFRESHMENTS

Come early or stay late
3pm afternoon tea
5pm meal from bar
Menu is available

CONTACT

Chris Hickson
silvertribenz@gmail.com
021 251 4359

Motueka Workshop

Silver 2 Gold Transition to 'Retirement' Workshop

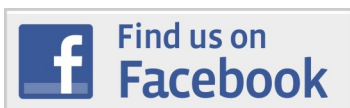
Venue: Te Awhina Marae
Tokomaru Room
Date/Time: Monday 4th March
7— 9pm
Cost: \$40



You will be provided with workbook, pen and refreshments
For more information or to register email
silvertribenz@gmail.com

Facebook

Just a reminder to look out for the new Facebook page i.e. @silvertribeNZ.
You know what to do ... like it follow it ... this is *your* tribe, *your* page!



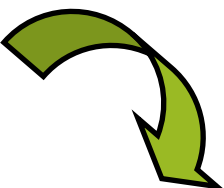
SPRING IS HERE ... SUMMER IS ON IT'S WAY

Take care 'til next time

Chris Hickson
Reg. Social Worker
021 2514359



Silver Tribe News comes to you seasonally.



TODAY is YOUR day!
Your MOUNTAIN is waiting.
SO... GET ON YOUR WAY!
- Dr. Seuss

If you do not wish to receive future newsletters please email
silvertribenz@gmail.com and put 'unsubscribe' in the subject line.