



Seventh-day Adventist
Regional Conference Retirement Plan

52 EXCITING POTENTIAL-BUILDING RETIREMENT ACTIVITIES (A to Z x 2)

Potential Building Self-Development Pursuits

Be inspired to

*attempt new things,
find new purpose, and
develop personal potential*

with these two **A to Z Lists**
of retirement activities and possibilities...

A to Z x 2 = 52

THREE POSSIBILITIES...

“bear fruit in old age”

“fresh and flourishing”

“declare” have a
testimony to bear...

“They shall still bear fruit in old age; they shall be fresh and flourishing, to declare that the Lord is upright; He is my rock, and there is no unrighteousness in Him.”

Psalm 92:14-15, NKJV

RECREATIONAL RETIREMENT PURSUITS, LIST 1/2

Utilize the Power of IS—Intend-Initiate and Schedule

- ARTISTIC PURSUITS:** Explore painting, drawing, sculpting, forms of self-expression.
- BEST PRACTICES:** Involved in church, school, community, give leadership if needed.
- COMPANION HABITS:** Keeping pets and observing creatures of nature, etc.
- DIGITAL-MEDIA:** Digital, audio/visual work; design work to capture life moments.
- EXERCISE AND WELLNESS:** Maintain health/wellness with preventive activities.
- FAMILY BONDING:** Use time, resources to build/support children, grands, relatives.
- GARDENING:** Cultivate garden to connect with nature and God's creative works.
- HIKING:** Explore trails, beauty spots to experience the great outdoors with exercise.
- INSTRUMENT PLAYING:** Learn to play musical instrument like guitar, piano, or other.
- JUSTICE ADVOCACY:** Based on Micah 6:8 support just causes, respect/love people.
- KNITTING OR CROCHETING:** Create beautiful/functional items keeping hands busy.
- LIFELONG LEARNING:** Complete/start degrees; do other and/or online courses.
- MEDITATION-MINDFULNESS:** Practice activities for calm, less stress, faith in God.
- NATURE PHOTOGRAPHY:** Take up photography, capture beauty of the natural world.
- ONLINE NETWORKING:** People connect/helping by exploring via online communities.
- PROPHECY STUDY:** Explore prophecy truth, understand and share via current events.
- QUILTING OR SEWING:** Create quilts or sew clothing and home decor.
- RECONNECT WITH FRIENDS:** Reconnect with friends, maintain social connections.
- SABBATH DISCOVERY:** Explore ways of worship, study, spiritual growth on Sabbath.
- TRAVEL ADVENTURES:** Plan destinations, mission trips, immerse in different cultures.
- UNIVERSITY AUDITING:** Audit classes at colleges/university to continue learning.
- VOLUNTEER WORK:** Give back to community by volunteering for exemplary causes.
- WRITING A MEMOIR:** Chronicle your life story in a memoir to leave legacy/testimony.
- XERISCAPE GARDENING:** Explore water-efficient landscaping, sustainable gardening..
- YIELD Up:** Examine yourself, study ways to be/relate better, let go of harmful habits.
- ZOO VISITS:** Spend time at zoos, understand wildlife, learn about animal intelligence.

THREE OPPORTUNITIES...

“Make continual Improvement”

“More Mellow and Productive”

“Continue to Increase until...”

“The true minister [worker] for Christ should make continual improvement. The afternoon sun of his/her life *may* be more mellow and productive of fruit than the morning sun. It *may* continue to increase in size and brightness until it drops behind the western hills.”

Ellen White, RH April 6, 1886, adapted

RECREATIONAL RETIREMENT PURSUITS, LIST 2/2

Utilize the Power of IS—Intend-Initiate and Schedule

- ❑ **ASTRONOMY:** Explore night sky, stargazing, learning about celestial bodies.
- ❑ **BOOK CLUBS:** Join/start book club for literary and/or spiritual growth and discovery.
- ❑ **COOKING CLASSES:** Learn to cook new cuisines, experiment with different recipes.
- ❑ **DANCE GENRE:** Take up preferred dancing as fun way for exercise, activity, socialize.
- ❑ **ENVIRONMENTAL CONSERVATION:** Join in in environment clean-up efforts, etc.
- ❑ **FOREIGN LANGUAGE LEARNING:** Study languages for cognitive power and/or travel.
- ❑ **GENEALOGY RESEARCH:** Trace your family's history and create a family tree.
- ❑ **HISTORY AND MUSEUM VISITS:** Explore historical sites, museums, exhibits; learn.
- ❑ **INTERGENERATIONAL WORK:** Enjoy grandchildren, share wisdom, experiences.
- ❑ **JOURNALING:** Journal on life experiences, thoughts, feelings via prose, poetry, lists.
- ❑ **KINDNESS INITIATIVE:** Individually or collectively plan kindness deeds/undertakings.
- ❑ **LECTURES AND TALKS:** Attend lectures, talks, public events, local features, treasures.
- ❑ **MODEL BUILDING:** Create airplanes, ships, puzzles and brain games, etc.
- ❑ **NATURE PRESERVATION:** Do conservation for local parks, areas—respect nature.
- ❑ **OUTDOOR ADVENTURES:** Plan outdoor activities like camping, canoeing, hiking.
- ❑ **PUBLIC SPEAKING:** Join a public speaking club to enhance communication skills.
- ❑ **QUIZZING, TRIVIA AND GAMES:** Engage in fun activities, competitions on topics.
- ❑ **RADIO OR PODCAST HOSTING:** Start radio show or podcast to promote good causes.
- ❑ **STORYTELLING:** Share life experiences, personal wisdom through storytelling.
- ❑ **TAI CHI OR STRETCHING:** Learn gentle ways to exercise for physical, mental well-being.
- ❑ **UPCYCLING AND REPURPOSING:** Renovate old items to the new creative; then share.
- ❑ **VIRTUAL REALITY EXPLORATION:** Explore virtual reality experiences/tech for learning.
- ❑ **WILDLIFE REHABILITATION:** Volunteer to care for injured or orphaned wildlife.
- ❑ **EXPERIENTIAL ACTIVITIES:** Attend self-development workshops, job shadowing, etc.
- ❑ **YOUTUBE CHANNEL:** Create/manage website, YouTube channel to share interests.
- ❑ **ZEAL MINDSET:** Seek God's will, prioritize all things righteous; think time and eternity.



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