

THE ROOKIE RETIREE'S IDEAS JAR



50 simple ways to add interest, purpose and fun to your day.

'The greatest gift, in retirement, is the luxury of choice.'

Retirement gives us something many of us spent years wishing for – choice.

Yet having time available doesn't always mean knowing how to use it. When you're at a loose end, pick one of the ideas below and give it a try.

The aim isn't to fill every hour. It's simply to spark curiosity, encourage exploration and perhaps help you discover a new hobby, interest or adventure.

50 IDEAS TO TRY

Get Moving

- Walk a New Path
- Try a Beginners' Yoga class
- Give Geocaching a go
- Join a Walking Group
- Take a Picnic to a Local Beauty Spot
- Learn to Juggle Three Balls
- Visit a Local Trig Point
- Explore a Nature Reserve
- Go Birdwatching for an Hour
- Spend an Afternoon Gardening

Get Creative

- Write a Poem
- Make an Origami Paper Model
- Photograph Something from an Unusual Angle
- Sketch or Doodle
- Start Writing a Short Story
- Browse Old Photo Albums

- Create a Playlist of Your Favourite Songs
- Build a Lego Model or complete a Jigsaw Puzzle
- Keep a Journal for a Day
- Write a Letter to Your Future Self

Get Curious

- Start Your Family Tree
- Learn a Language
- Try Stargazing
- Research Your Local History
- Read a Book You've Always Meant to Read
- Watch a TED Talk on a New Subject
- Learn a Simple Magic Trick
- Research Your Next Holiday Destination
- Learn How to Solve a Rubik's Cube
- Learn About a Historical Event That Interests You

Get Social

- Contact an Old Friend
- Volunteer
- Attend a Local Event
- Sign Up for a Food Tour
- Invite Someone for Coffee
- Join a Local Club or Society
- Attend a Talk or Lecture
- Help at a Community Project
- Arrange a Family Catch-up
- Organise a Board Games Night

Get Out and About

- Visit a Museum
- Explore a Local Market
- Travel to a Village You've Never Visited
- Book in for a Cinema Matinee
- Visit Your Local Library
- Explore a Charity Shop or Antique Centre
- Visit a Historic House or Garden
- Attend a Concert or Theatre Performance
- Visit a Garden Centre
- Explore a Nearby Town You've Never Properly Seen

ADDITIONAL IDEAS

As you discover activities that you enjoy - or think that you'd like to 'give them a go' - add them here and make your Ideas Jar uniquely yours.

MY IDEAS LIST

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Looking for more retirement inspiration?

Rookie Retiree shares travel stories, practical tips, new experiences and ideas for making the most of the freedom retirement brings.

<https://rookieretiree.com/>

Created by Rookie Retiree