

50 Exciting Things for Eightysomethings to Do

1. Take dancing lessons
2. Get a new puppy
3. Direct a play
4. Sing in a chorus
5. Learning to play pool
6. Exhibiting your photographs
7. Get married
8. Volunteer to canvas for a candidate for political office
9. Learn pottery-making using a kiln
10. Go skiing
11. Spend a week on a ranch
12. Drive coast to coast in an RV
13. Take boxing lessons
14. Paint for a week on an island with a group of artists
15. Going to Iran on a tour
16. Go sky diving
17. Write a book
18. Find a new love
19. Take a course at a Retirement Center
20. Teach a course at a Retirement Center
21. Act in a play
22. Spend a weekend in New York City
23. Teach a class at a local prison
24. Go birding in the mountains of Columbia, South America
25. Help other elderly people with their taxes
26. Take an online course on genealogy
27. Host an event for a political candidate
28. Sell a piece of art you have made
29. Visit the World War II Museum in New Orleans
30. Collect Civil War memorabilia
31. Volunteer at a soup kitchen
32. Get a job
33. Join the board of a local nonprofit
34. Go kayaking
35. Make a dining room table
36. Give a lecture
37. Create an indoor garden
38. Play in a quartet
39. Redo a kitchen
40. Collect folk art in Mexico
41. Make a movie
42. Go sailing
43. Write a memoir
44. Go square dancing
45. Join a drumming group
46. Ride a 21 speed three-wheeled "bicycle"
47. Go to a high school or college reunion
48. Take part in a talent show
49. Join a club
50. Host a 90th birthday party for a friend



Courtesy of:

Eightysomethings:
A Practical Guide to Letting Go, Aging Well, and Finding Unexpected Happiness
Katharine Esty, PhD, Skyhorse
Publishing paperback, also available as
an e-Book

ISBN: 9781510743199

\$24.99

www.katharineesty.com