

## The Best Activities for Retirement

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**MIAMI - July 29, 2015 - [PRLog](#)** -- Everyone knows that retirement is a big moment of change in people's lives and most people are not prepared to understand this part of the life and it's not always easy making the adjustment from having a 9-5 career to having days stretching out ahead of you where you've nothing particular you have to do.

Of course, there is always something to do and there are some many things You would like to do but never had the appropriate time, but the transition from working to retirement can be a strange time, especially if you don't have a burning ambition to use your retirement in a particular way. What follows is a few suggestions of how you might find new activities and ways to keep busy in retirement. Of course, not all of them will chime with you, but you might be inspired by some of the ideas below.

### Volunteer

Remember all those times you wished you could give something back to society? Well, retirement is the perfect time to do so. It doesn't have to take much of your week but there are many volunteering opportunities out there, and many organisations can make use of the skills you have acquired through life and work. You could volunteer at your local library or hospital, mentor children or help out at a local homeless charity, to name but a few ideas.

### Discover a hobby

If you've never had a hobby, now might be the best time to find one as you'll be able to give it the time it deserves, without having to put it on hold for work. There are so many different crafting activities and collecting possibilities. You might take up quilting, pottery or scrapbooking. Or maybe you'll develop a passion for gardening and make your garden an oasis.

And then of course, there's the internet. There's a whole world of entertainment out there for you to tap into. You might get into online gaming – whether it's for real money or just for fun. For example, check out bingo games from UK based Costa Bingo to see the kinds of games you could be playing. Costa Bingo is one of the UK's biggest bingo sites, and if you don't like the idea of putting real money down, the site also has plenty of free bingo games to play (try <http://bingos.net.br>). Part of the fun of playing bingo rather than other PC games is the social nature of the game – it's not only entertaining, but you can also meet new people as you chat to fellow players in the bingo chat rooms. Of course, there are a myriad of similar sites to choose from like 32Red and Royal Vegas that offer similar games.

### Get fit

Too often, people use work as an excuse not to take any exercise. Once you're retired, you'll have no more excuses and you can use the opportunity to try a new sport. Golf is a favourite sport amongst both retired men and women. It doesn't matter if you're an absolute beginner – you've got plenty of time to practice now! There are so many different sports to choose from – do a few taster courses and see which one whets your appetite!

### Hit the road

You don't have to go down the backpacking route – but now you have the time to do so, why not take time to see all those different places that you've always wanted to. Some people spend their whole time on the move once they've retired – coming back home for a few weeks' break between trips. At young age most are dreaming about trips to beaches, museums and cities around the world, now its time to do a travel.

## Games for Senior Citizens

There are many games for senior citizens to enjoy. With a little planning and time, you can play the following games while improving memory, socializing, and laughing with both older and younger friends.

### Why Play Games?

At any age, playing games is healthy for the mind and body. Games are an especially great pastime to take up after retirement. They can keep the brain active, involve social interaction, and are a good, inexpensive form of entertainment. On a serious note, studies have shown that playing games may help prevent Alzheimer's disease and dementia, so playing games could actually allow you to live longer.

### Type of Games for Senior Citizens

While everyone has a different idea of what games they like, keep games for senior citizens simple enough as to not be boring, but not so challenging that they will cause distress or confusion. These games are especially popular with seniors.

#### Card Games

Many senior citizens have played card games their entire lives, so continuing to play will enhance spirits and activate memories. Some great card games to play with senior friends:

- Pinochle is a popular senior card game with many variations.
- Bridge is another card game that keeps the mind sharp.
- Canasta is a card game that was especially popular in the 1950s.
- Rummy is one of the most popular games in the world and is good for two to four players.
- Cribbage is a card game that is so well liked it even has a membership club.
- Even though it's played alone, Solitaire is a lifelong favorite card game that also has many variations.

#### Board Games

Board games are another great way to interact with other seniors. Make sure the games you play are easy enough to play and have big enough letters that can easily be read.

- Backgammon can be played by two players and is one of the oldest board games in the world.
- Scrabble is a word game played with two or more players.
- Bingo is an old favorite that has always been widely popular with seniors and in casinos, try <http://bingos.net.br/bingo-gratis> . It's both interactive and exciting. Print out these custom bingo cards and suggestions to use for your next bingo game.

#### Other Games

These additional games for seniors include ones that can be played either in groups or alone.

- Crossword puzzles are normally played alone, but you can also get a group together and play

interactively. You can play crosswords online.

- Jigsaw puzzles are also great to have around for seniors. You can start one on the coffee table or at a senior center and work on it anytime. This is a great activity to do while watching television or socializing with friends.

### Make Senior Games an Event

For many seniors, the amount of time spend alone is difficult, especially when a spouse passes away or when community involvement is cut back due to mobility issues. One way to make these games really count is to make them a weekly or monthly event. They could be promoted through a church group, senior center, or among friends. Invite as many people as you can and arrange for transportation. Also, let senior friends know that the invitation is also open for spectators who just want to get out of the house.

With so many different possibilities of ways to spend the time, retirement could be one of the richest periods of your life – enjoy it!

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