
Life after retirement focus of Oct. 27 HCC workshop

HOLYOKE – Many pre-retirees focus solely on their 401K and pension when deciding when to retire but neglect to consider how they will find purpose and fulfillment in the next chapter of their lives. A person who retires at age 65 will be active for 20 years or more after leaving their full-time job. How will they fill those 2,000-plus hours they have previously devoted to their career?

Holyoke Community College is offering a three-hour workshop on Wed., Oct. 27, that will address this major life transition.

“Rewire: Finding Purpose and Fulfillment After Retirement” will meet

in person from 6 to 9 p.m. in the Kittredge Center for Business and Workforce Development on HCC’s main campus, 303 Homestead Ave.

The workshop will be facilitated by former career counselor Barbara Foster, M.Ed.

“Retirement is a transition not unlike a career transition where people need to reflect on their interests, preferred skills, and values to determine a new direction in their lives,” said Foster. “Today’s retirees are finding new interests and hobbies, volunteering, establishing new businesses, and pursuing new learning in this third chapter of their lives.”

The workshop will offer a series of exercises and self-assessments, as well as time to reflect, brainstorm with others, and develop goals and a vision for this new chapter of life. Participants will also leave with an extensive list of resources to explore.

To maintain safe social distancing, space is limited, so advance registration is required.

To register, please go to hcc.edu/rewire or call 413-552-2500 for more information.

Please note that masks are required in all HCC campus buildings regardless of vaccination status.