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Seminar to highlight life after retirement

<http://www.signonsandiego.com/news/northcounty/20070201-9999-lz1mi1seminar.html>

By Linda McIntosh
TODAY'S LOCAL NEWS

Living on a golf course and hitting the greens every day seemed like a dream for Patrick Davis.

But it didn't take long for the Oceanside resident to find out he wanted more out of retirement. Now, five years later, Davis, 59, hardly has time for golf because he's having a ball with his second career.

After 20 years of recruiting executives for companies such as General Electric, Davis now teaches at local colleges and community centers.

Not surprisingly, one of the topics he covers is about finding meaning in retirement.

Davis and Stephen Barnes, professor of education at San Diego State University, will lead a three-part seminar, called "The Next Challenge for the Baby Boomer Generation," at the Oceanside Senior Center starting tonight.

"Millions of baby boomers are turning 60 this year and looking for meaningful ways to spend the next several decades of their life," said Davis, who teaches at San Diego State University, Interworks Institute and Palomar College.

"The course is a blueprint of ideas to build a retirement," Davis said. Each of the course's three sessions focuses on a question. The first starts with, "Retirement, What does it really mean (to me)?"

The second continues with, "What will become of me, my lifestyle and my future?" The final is, "What do I need to know?" "It's about discovering how important it is to use critical thinking to shape your life," Barnes said. "The better you think things through, the better things will generally turn out," he said.

The senior center is offering the classes to prepare the growing number of baby boomers in North County for coming of age. "They don't like the (words) senior citizen," said Maureen Fleming, senior services supervisor for the Oceanside Senior Center. "They think the senior center is an old-folks home, but it's a very active place for seniors to do a lot of things," Fleming said.

Davis calls it getting prepared for second adulthood. "Many of us have spent our first adulthood making money, saving, maybe raising children," Davis said. "We've forgotten about dreams we had. "This is the time to think about those dreams and what's important to us."

The Next Challenge for the Baby Boomer Generation

What: Retirement – a three-part course

When: 7 to 8 p.m. today, Feb. 8 and 15; 10 to 11:30 a.m. Saturday, Feb. 10 and 17

Cost: \$45 a person, \$75 a couple, including written course material

Information: (760) 435-5250