



## Retirement Association

UNIVERSITY OF WISCONSIN-MADISON

### Retirement Challenges and Opportunities (RCO)

The Retirement Challenges and Opportunities Committee (RCO) offers a variety of programs and opportunities to help UWRA members live a rewarding retirement. These can include, but are not limited to, social outings, local tours, travelogues, talks on current or historical information of interest, cooking and nutrition activities, programs on health and aging, and the challenges and opportunities for living life in retirement. We also are involved in the monthly breakfast at Elie's Café and Sofra Family Bistro.

In the recent past, this committee presented many pro-grams, including

- “No April Fools - the bugs will be coming!” with Phillip Pellitteri;
- “Discovering Civil War writings of Wisconsin women” with Jo Ann Carr;
- “East Troy electric railroad” with Evan Richards;
- “Majestic mountains and mystical Moorish meanderings” with Jan Hagen; and
- “Enjoying our best mental health as we age” with Dr. Jack Nitschke and Dr. Suzanna Castillo.

For 2020 RCO is currently arranging programs on wildlife rehabilitation, a tour of the newly opened Hamel Music Center, and a program featuring WPR hosts of the award winning “To the best of our knowledge.” Additionally, we are coordinating the new monthly feature in The Sifter, “New activities in retirement.”

This committee works to tune in to the needs and interests of our membership and then connect those interests to the vast array of programmatic opportunities in the Madison area. It feels like the world is our oyster; so much terrific programming is possible. We would love to have some more UWRA members on our committee. We seek fellow retirees with a broad range of interests and a willingness to help organize a program or two along with the rest of the team. And of course, have fun doing it!

For additional information about the UWRA Retirement Challenges and Opportunities Committee, please contact any other committee member or UWRA Executive Director.

Have we piqued your interest? Come visit one of our committee meetings and see if this committee is something, you'd enjoy being a part of. The committee meets monthly on the fourth Monday of each month at the UW Credit Union, 3500 University Avenue, from 10:00 a.m. to noon. Our committee meetings are listed on the UWRA calendar. We would love to have you join our committee!