

# The Library Page

News from Lawrence Public Library | 707 Vermont | Lawrence, KS 66044 | [lplks.org](http://lplks.org) | September 10, 2019

## Library Throws Ultimate Retirement Bash

By **Kathleen Morgan**  
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Find purpose, friends, financial support, health, and happiness. Whether retirement is a not-so-distant dream, a “new normal”, or current lifestyle, “Keep Retirement Weird: A Freedom Festival” happens Sunday, September 15 from 2-7pm at Lawrence Public Library, 707 Vermont Street.

“We’re out to help make retirees’ next chapter a real adventure,” said Cathy Hamilton, Library Foundation Legacy Coordinator. “Keep Retirement Weird’ will present a number of unique and off-kilter opportunities for retirees to explore.”

From 2-4pm, attendees can check out Hobbies in the Lobby, match with nonprofits needing their skills in Volunteer Speed Dating, learn exercises to ensure happy feet, find opportunities for employment and income, receive free LMH Health screenings, and join local clubs and organizations.

Retirees will win prizes and coupons by smashing an Alarm Clock Piñata and playing Discount Disco. Dunk a grouch in the Grumpy Old Man Dunk Tank, chat with Happy Campers about their retirement RV adventures, and watch an old dog learn new tricks.

A dance party on the Library Lawn with Grammy Award-winning band Brave Combo begins at 4:30pm. Celebrating 40 years as the world’s favorite



PHOTO CREDIT: [BraveCombo.com](http://BraveCombo.com)

Brave Combo founder and bandleader, Carl Finch, rockin’ the accordion

“punk polka band,” the Denton, Texas-based quintet has perfected a world music mix of salsa, meringue, rock, polka, zydeco, blues, and more. Among their claims to fame are recording with the late Tiny Tim, appearing as an Oktoberfest band on “The Simpsons,” having Bob Dylan cover one of their songs, and performing at David Byrne’s (of the

Talking Heads) wedding.

“Keep Retirement Weird” kicks off Lawrence Public Library’s Retirement Boot Camp, in partnership with the Douglas County Senior Resource Center, and is made possible by generous sponsorships from US Bank Wealth Management, LMH Health, Blue Cross and Blue Shield of Kansas, Douglas County Community

Foundation, and a Kansas Health Foundation grant. Merchant’s Pub & Plate will sell food and drink. The event is free and open to the public. All ages welcome.

The inclement weather venue is Abe & Jake’s Landing, 8 E. 6th Street. Visit [lplks.org/retirement](http://lplks.org/retirement) for updates.



**Keep Retirement Weird Kick-Off Event Line-Up**  
**SUN | Sep 15 | 2-7 PM**  
**Library Lawn**

**2-4**—Demos/Exhibits  
**2-4**—Volunteer Speed Dating  
**2:30-3**—Discount Disco  
**3:30-3**—Happy Feet  
**3:45**—Alarm Clock Piñata  
**4:30**—Brave Combo Concert  
Bring a lawn chair (or dance!)  
**EAT**—Merchant’s Pub & Plate will have food and drinks for sale.  
**RAIN VENUE**—Abe & Jake’s Landing, 8 E. 6th St.

**LIBRARY BOOT CAMP PROGRAMS START OCT 1**

This new addition to the library’s Before You Check Out® program promotes a holistic approach to retirement success in five areas: health and wellness, self-identity and purpose, personal relationships, social life, and financial security. Find Retirement Boot Camp information and events at [lplks.org/retirement](http://lplks.org/retirement).

**Wii Bowling League**  
**TUESDAYS | Oct 1-Nov 26**  
**10-11:30 AM | Teen Zone**

We’re taking over the Teen Zone’s video games while the kids are in school to compete in Wii tournaments with other public libraries! Come have fun with old and new friends. No experience necessary. Registration required: call 785-843-3833 x 153 or visit [lplks.org/retirement](http://lplks.org/retirement).

**12-Minute Travelogues**  
**THU | Oct 10 | 3-4 PM**  
**Auditorium**

Learn about fantastic travel adventures, near and far, from Kansas courthouses to English pubs and gardens. Afterwards, we’ll walk to Mass Street for happy hour.

**Let’s Do Lunch**  
**TUE | Oct 22 | 11 AM-1PM**  
**Auditorium**

Retirement brings changes to your lunch routine, too. Join Just Food to learn how to prepare delicious, nutritious, and easy lunches on a budget. We’ll cook something up and enjoy a meal together. Registration required: call 785-843-3833 x 153 or visit [lplks.org/retirement](http://lplks.org/retirement).

**Beyond Good Night Moon**  
**MON | Nov 4 | 10-11:30 AM**  
**Auditorium**

Reading aloud not only helps kids become readers, but also creates a special bond that will last a lifetime. Famed LPL storyteller, Miss Linda, will share tips and tricks to make memorable at-home storytimes with your grand-kids. Leave with fresh ideas, a great reading list, and a free copy of the 2019 Kansas Reads to Preschoolers book.

**FOR MORE INFORMATION**  
[lplks.org/retirement](http://lplks.org/retirement)

*Lawrence*  
**PUBLIC LIBRARY  
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## Retirement Boot Camp Launches This Fall

By **Cathy Hamilton**  
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For the last three years, Lawrence has made *Forbes* magazine’s “Best Places to Retire” list, citing the city’s educational and cultural opportunities, relatively affordable cost of living, and low crime rate. But, for those navigating the new normal of retirement, living in a “best place”—while advantageous—doesn’t guarantee a rewarding post-career life.

Enter Retirement Boot Camp, Lawrence Public Library’s two-year pilot program designed to empower people transitioning to retirement to find health, happiness, purpose, and peace of mind. “The library’s core mission is to provide educational opportunities at all stages of life,” said Brad Allen, Lawrence Public Library Executive Director. “We’re excited to help people navigate their retirement years.”

Retirement can be an anxiety-inducing experience, particularly

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—Brad Allen, Lawrence Public Library Executive Director

if the decision to retire is not your own. The AARP reported in December of 2018 that 56 percent of workers over the age of 50 in long-term full-time positions lost their jobs involuntarily.

Even if we’re fortunate enough to retire on our own terms, the anxiety associated with this major life change is real: What will we do with our time? How will we set new boundaries with our partners, children, and grandkids? How will we make new friends and stay connected with friends who are still working? Will we be healthy enough to enjoy ourselves and accomplish our goals? How long will our money hold out? Who will we be when we’re no longer teachers, account-

ants, or (fill in your job title)?

Retirement Boot Camp, funded by a grant from the Kansas Health Foundation, seeks to provide answers to those questions through relevant programming, classes, social activities, online resources, and sharing the experiences of other retirees.

“I have a lot of interests—including traveling, gardening, cooking, volunteering—but when I was working, I had to squeeze those in to the few hours not devoted to work,” says Caroline Trowbridge who recently retired from LMH Health. “Now that I have time, I’m eager to see what other folks are up to.”

The program starts Sunday,

Sept. 15, with a kick-off event, “Keep Retirement Weird: A Freedom Fest” (see story above.) The Fall 2019 line-up of activities features a weekly Wii Bowling League in the library’s Teen Zone, a class on how to make quick, healthy lunches for one or two people, a new grandparent workshop on best practices for reading to kids, and a program of 12-minute Travelogues from locals, including Trowbridge who just completed a self-guided tour of Kansas courthouses.

“On a trip through southeast Kansas a couple years ago, I saw a sign pointing the way to a historic courthouse in a small community. I needed a break, so I took a quick turn and found a darling courthouse,” she says. “By the time I got home, I decided to visit all 105 Kansas courthouses.”

Visit [lplks.org/retirement](http://lplks.org/retirement) for the full Boot Camp schedule, recommended books and resources, and tips on things you can do to make your retirement a huge success.

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