

Retirement Insights for July 2023



The Trip of a Lifetime

When you let yourself daydream, do you yearn for a journey to a faraway place in plush comfort? Or an educational experience, like a master class with a great artist you admire? If so, it may be time to make your dream a reality.

[Read more](#)



Dipping Into Swimming: Aquasports and Your Health

Looking for fun and engaging ways to get some activity into your life? Your gym or community pool may offer an opportunity in terms of aquasports. Aquasports provide a fun and effective workout, combining swimming pool exercise and sports.

[Read more](#)

Quote of the Month

"The only courage that matters is the kind that gets you from one moment to the next."

-Mignon McLaughlin



Jim Fullan / Credit: Jim Fullan

On the Bright Side

56-year-old Jim Fullan has fulfilled his lifelong dream of playing college baseball as an outfielder for Montgomery County Community College in Pennsylvania.

[Read more](#)

Further Insights

- Recipe: Slow Cooker Potato Chowder
- Did You Know?
- Brain Teaser

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