

4. Suggested Session Topics

- a) Financial
 - superannuation
 - Canada Pension Plan
 - Old Age Security
 - investment opportunities, stocks, bonds, mutual funds, savings plans, types of insurance, and annuities
 - budgeting and how to get the most out of your assets and income
- b) Living arrangements
 - what to look for in accommodation
 - advantages and disadvantages of moving, and planning a move
 - rents, housing costs, and taxes
- c) Legal
 - when a lawyer is needed
 - choosing a lawyer
 - cost of legal advice
 - legal aid
 - wills, bequests, succession duties, gifts
 - real estate sales and rentals
 - joint ownership of property
- d) Health
 - aging process
 - check-ups, exercise, diet, nutrition
 - how physical health affects mental health
- e) Leisure time
 - part-time, full-time, self-employment
 - continuing education
 - travel in Canada
 - the Arts
 - community service

5. Recruiting Resource Personnel for Sessions

- a) Retired postal personnel may be utilized. However, it is important that they play the role of catalyst and co-ordinator. The subjects listed in session topics will most certainly require some special expertise which can generally be obtained from within the local community.
- b) Inter-departmental activity is encouraged and may be of great value in some communities.