

Organize Your Day for us Retired

- Drink warm water with lemon before coffee or tea
- Take your medication and Vitamins
- Meditate for at least ten minutes. Or do some stretches or exercise
- Have something to eat
- Shower and dress for the day
- Take a walk. Even a short walk will start your day with energy



TO DO: Work on a project - Big or small

Appointments or pick up at the store items

Evening Routine

- Take out what's for dinner
- Eat a healthy meal
- Clean up the kitchen
- Wash your face and do your skin routine or just put on some moisturizer

Evening Suggestions: Take a short walk, read or watch your favorite program. Have a glass of wine or decaf tea? Decide what your project will be tomorrow, throw in a laundry or surf the internet to get yourself inspired.

Safety Alerts: Is your stove off? Are your doors locked? Candles out?
Nightly night.....

