

RETIRED

MINISTRY RESOURCES



September 10, 2026

For Participants in LEA's Retired Ministries Network

No doubt about it: seniors travel solo in large numbers, and apparently now more than ever before. Some go independently, and some take tours for seniors traveling alone. Learn more about solo traveling at [Senior Solo Travel: Advice for Getting Back on the Horse](#). (Tracey Nesbitt in *Solo Traveler*)

Need to turn your head to check for traffic, or reach into the cupboard for a plate? Want to improve your golf swing — or your dance moves? Regular stretching for seniors can help with all those everyday movements and a lot more. [5 Exercises for Seniors: Boost Balance, Strength, and Overall Health](#). (Notre Dame Health Care)



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