



Retired Life, Wish You Were Here

Newsletter

2025 Podcast Recap + What's Next

Hi friends,

“Retired... or Rewired?”

What a kickoff month it's been for our podcast! We hope you were able to tune in and, we're so grateful you're here. April brought great conversations about purpose, wellness, and what it really means to shape a vibrant retired life.

Here's a quick look at the voices and insights we shared this month. And scroll to the bottom to see what's coming in May!

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Episode Highlights

Episode 1: Meet the Hosts

We introduced the team behind the mic: Kim Lee, Stuart Lee, and Maria Barnette. A heartfelt dive into why we launched the show and what retirement looks like for each of us. Join us in our generous learning curve of starting a podcast from scratch.

Episode 2: Jolie Mullen – Designing a Life After Retirement

Jolie shares how she brought her creative vision into her retirement years and why travel and community connection fuel her days. “a life that’s full you’ll have a story to tell.”

Episode 3: Glenda Cato – Wellness Without the Pressure

Founder of Fit -Wellness and Diet Center -Glenda talks about creating a new normal with balance, movement, and self-care in retirement.

Listener Favorite Quotes

- “Retirement doesn’t mean stopping. It means choosing.” — Maria
- “Number one- Have a Positive attitude.” — Glenda



- “Acting was my passion and I was extremely lucky to get to perform on stage all through my fifties.” — Jolie

Guest Spotlight: Glenda Cato

In case you missed it, Glenda’s company motto of “From the day you walk in our door, our goal is to start your journey to being Forever Fit” and “best day ever” resonated deeply with listeners.

Community notes

Do you know the benefits of walking each day?

Walking is a simple yet powerful way to enhance your health and well-being, especially for those of us 55 and older. Just 30 minutes of walking daily can help improve cardiovascular health, strengthen muscles, and boost mood. It's also a great way to maintain a healthy weight and reduce the risk of chronic diseases like diabetes and hypertension. Plus, walking can be a wonderful social activity, offering opportunities to connect with friends and enjoy the beauty of nature. So, lace up your shoes and take a step towards a healthier, happier you! 🚶 🌳

What’s Coming Next on the Retired Life Podcast: Life in a 55+ Community- From both sides of the door.



On our next Podcasts, we're focusing on some special guests who bring unique perspectives. Sheryl Lewis who is both a seasoned realtor and a happy resident of a 55+ community will share what she has learned from others making the move and why these communities can offer so much more than just real estate. The other, ----- is a resident of a growing 55+ community in the Panhandle of Florida, who will share what drew her to this lifestyle and what she has learned since making the move.

And speaking of Community

We're also excited to introduce another guest who can help you take your front porch wherever you go ____ owner of Electric Cart, Watersound. He'll tell us how even a golfcart can be a symbol of freedom, friendship and fun.

. "Retired... or Rewired?"

"They told us retirement meant slowing down. Instead, we started a podcast. Join us on **Retired Life, Wish You Were Here**—because life after work is just the beginning!

Got a favorite retired life ritual? A topic you'd love us to cover? We want to hear from you!

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Maria's outfit [@target](#) and [@anntaylor](#)

Kim's outfits episode 1& 3 [@Chico](#)



Episode 2 @Talbot's