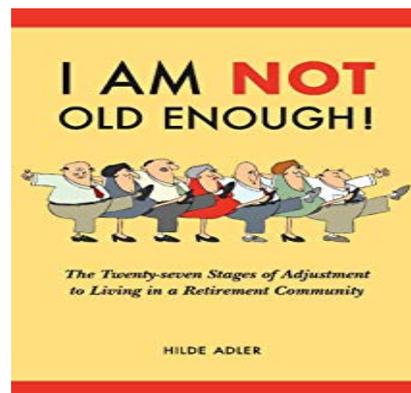


# THE TWENTY-SEVEN STAGES OF ADJUSTMENT TO LIVING IN A RETIREMENT COMMUNITY



1. I am not moving anywhere. I love my house. I can handle it. I am not going to live in an apartment.
2. I'm not old enough.
3. I don't want to live with all those old people.
4. So maybe I'm as old as some of those people but I look younger.
5. And I certainly act younger.
6. This is a really nice apartment. I hope the person ahead of me on the list doesn't take it.
7. What am I doing with this apartment? This was a terrible mistake. I'm giving it back.
8. I can't believe I did this
9. I miss everything. I miss the whole neighborhood. I miss the comfort of being where I belong.
10. They have endless social events here. I'm never going to any of them. I'm not social.
11. I will never eat in the dining room.
12. People are really nice. I don't have one thing in common with any of these people.
13. I'm never going to take the bus.
14. Somebody wants to have breakfast with me in the dining room. I'll do it just this once. I don't want to be rude.
15. I had a great time.
16. I think last fall was the first time I've ever really enjoyed the fall colors because I knew I wouldn't have to rake about five million leaves.
17. I'm going to be in a play. I got a great part.
18. What in the world am I doing here?
19. There are no bats in the retirement center.
20. I took the bus.
21. Some of these people have led amazingly interesting lives.
22. I had a great conversation in the dining room last night.
23. I joined the activities committee. We're planning some terrific programs.
24. My right knee hurts. I'm glad there's an elevator.
25. They're predicting six to ten inches of snow. I don't care. We have a heated garage.
26. One of my old neighbors invited me for coffee. I miss my old neighborhood and my people.
27. I think I'm very glad I moved here.