

APRIL 2022

DFW Retiree Network News



March 26 brought warm weather and friends together, as DFW Retirees returned to DFW Headquarters for a morning of information sharing and fun. Our numbers were few, but hearts were hearty as we once again explored the opportunities around us. Did you miss the event? Read all about it on page two.

In keeping with our Blue Zones challenge, in support of better living and healthier life styles, catch up on the latest challenge and find more recipes on page three.

Expand your Moai and make meaningful relationships by volunteering for The DFW Chaplaincy, "Swing into Spring on April 29. You can assist by golfing or volunteer as a helper at the Spring Golf Tournament. What a great way to keep in shape, have fun and connect with old friends.

You can also keep in shape by attending the LiveWell Fitness center. Did you know your employee LiveWell membership was converted to a Retiree membership when you retired? Keep up with LiveWell news and events on page 4.

Last but not least, view some of the fun photos we received from retirees around the world. See what our colleagues are doing in their retirement years.

And we want to hear from you. Send an email to dfwretireenetwork@gmail.com or post on our Facebook page. Happy Spring everyone!

DFW Retiree Committee

Linda Valdez Thompson
President

Irene Clark
Vice President

Deb Sanford
Secretary



DFW Retiree Network

Newsletter Highlights

Message from your DFW Retiree Network

Spring Refresh Retiree event recap

Blue Zones Connection: Recipes and challenge

Upcoming Events:
Swing into Spring at the DFW Chaplaincy Golf Tournament April 29, 2022
6:45 am - 11 am
Bear Creek Country Club

LIVEWELL updates
FAQ's from HR

Retiree Photos and News
