

## Relax! You're Retired!



The time has come when you have worked enough and want to take a pause. Most people think when you have worked for continuous stretch of time, retirement would be synonymous to inactivity. This is certainly not true. It's called retirement fun! A time to enjoy the things you just did not have time for when you were punching the old proverbial time clock. There are no set rules or a series of activities, but rather the fun time that you can enjoy with family and friends. This is a time when you carve out a niche for yourself.

The daily grind can detach us from what the heart desires. Retirement can revive the charm of the yester years when you had no worries or tensions to bother you. Travelling is just one way of having your share of retirement fun. Pursue a long lost hobby, volunteer for a social cause is a fulfilling gesture of humanity or you just might get so revitalized that you are inspired to start a new venture. These are the things that are important to celebrate when retiring. What we have accomplished and what lies ahead are all part of the fun!

You can use all or parts of the party box, or even mix and match from other party boxes, to bring the joy of retirement to life!



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## Invitations



### Who's at the Party?

Retirement is no time for rest. It's the time when partying is the best!

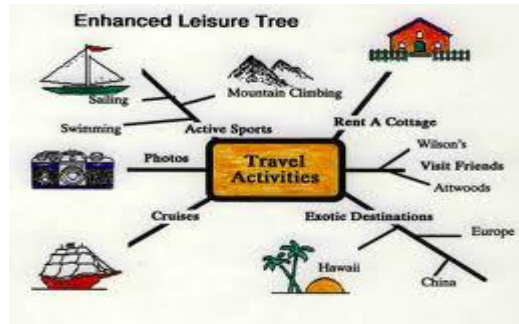
The Clock's been punched for the very last time.  
The Daily Grind has been left far behind.  
No more meetings and memos and pages to fax  
It's time to kick back, to party and relax!

However you let people know about your party be sure your invitations include the following information:

1. Date
2. Time
3. Location
4. Dress Code
5. RSVP by date (usually 1 week before the party)

Send your invites a month to three weeks before your event so people have plenty of time to respond. The ideal time for a Retirement Party depends on where you decide to have it and the weather. A barbeque is great in the late afternoon into the evening or a Roast works well at night. Our party plan will fit any venue, weather or time!





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## Menu

The best food is some of the retiree's favorites of course, but this is also a time to make a change and possibly try something new. We have created a menu that is easy to make yet interesting and flavorful, the decorations are simple but fun and you have a step by step plan on how to pull it all together with ease right here in the party plan.

### Cocktails

**Passion for Life Fruit Punch**

**Beer & Sodas**

### Appetizers

**Pineapple Fruit Tree**

**Grass Skirt Cheese, Sausage and Melon Ball Skewers**

### Entrees

**Take This Chicken and Stuff It  
(Mango Chutney Stuffed)**



## Side Dishes

Coconut Rice

Glazed Chinese Long Beans

## Dessert

Spice of Life Cake

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## Recipes



# Cocktails

## Passion for Life Fruit Punch



### Ingredients:

1 1/2 cups (12 oz) gold rum (usually about 25 oz per bottle)  
1 - 11.5-ounce can frozen passion fruit juice concentrate (Welch's guava passion fruit will work if you can't find pure passion fruit concentrate)  
1 cup water  
1/3 cup fresh lime juice  
3/4 teaspoon grated peeled fresh ginger  
4 long peeled pineapple spears  
Ice cubes  
Fresh mint sprigs

### Directions:

Mix first 5 ingredients in pitcher until concentrate dissolves. Pour punch over ice, garnish with pineapple cube and mint leaf and serve. This recipe makes enough for 4 but can easily be doubled, tripled or more.



# Appetizers

## Pineapple Fruit Tree



### Ingredients:

6 whole pineapples, 3 with green tops intact

Pineapple chunks

Strawberries, whole

Honeydew Melon

Red Grapes

Metal rod

Stand

### Directions:

Skewer the fruit separately from the cheese and sausage skewers and set aside. Cut the top and bottom off 2 of the pineapples. Run the metal rod thru the center of the 1<sup>st</sup> pineapple and then the 2<sup>nd</sup>. Cut 2 of the pineapples at an angle about half way up the pineapple and cut the last pineapple in half ( using only the top half with the green top) Skewer the 2 pineapples cut on angle so that the green tops are pointing out from the center. Skewer the last pineapple half straight thru the center to form the top of the tree.

Stab the fruit skewers into the sides of the pineapple in rows working from the bottom up at an angle to form a spiral around the pineapple. Continue to do this in rows until the entire pineapple is covered. Make extra skewers to insert into the pineapple as guests eat from it.



## Cheese and Sausage Skewers



### Ingredients:

Smoked Gouda Cheese, cubed

Jack Cheese, cubed

Smoked sausage, rounds

Honey Dew and Cantaloupe Melon Balls

Basil leaves

Bamboo 10 inch skewers

Grass skirts

Floral foam

### Directions:

Cut the sausage into 1 inch tall rounds and brown the ends in a skillet. Scoop out the melon balls with a medium size melon baller and set aside in a bowl. Cube cheeses and set aside in a bowl. Pinch off all basil leaves from stems and set aside. Set up an assembly line of cheeses, sausages, melons and basil leaves.

Skewer a sausage round, basil leaf (fold over or tear in half if larger leaf so that sausage and cheese can be seen. Should look like a small leaf between the sausage and cheese)



and add a cube of jack cheese. Continue until all sausage rounds are used.

Skewer a cube of smoked gouda, basil leaf (fold over or tear in half if larger leaf so that melon and cheese can be seen. Should look like a small leaf between the melon ball and cheese) and top with a melon ball. Continue until all melon balls are used.

Place the floral foam on the table and cover with the grass skirts. Insert the skewers into the floral foam so that it looks like the skewers are coming out of the grass.

## Entrees

### Take This Chicken and Stuff It (Mango Chutney Stuffed)



#### Ingredients:

12 chicken breasts  
2 tbsp butter  
2 cups fresh mango chopped into small cubes  
3 tbsp chile garlic sauce (can be found on Asian shelf in international foods aisle)  
3 tbsp honey  
1 tbsp each minced parsley, mint, and basil  
6 oz Monterey jack cheese, shredded  
Smoked paprika, cumin, salt, and pepper  
2 cups panko (Japanese breadcrumbs)  
2 cups finely chopped pecans  
6 tablespoons (3/4 stick) butter, divided





## **Directions:**

Preheat oven to 350 degrees F

Butterfly (slice chicken breast almost in half and lay it open) Pound chicken breasts between plastic wrap until very thin so that it is easy to roll up and tender. Season chicken breasts with salt and pepper to taste.

Meanwhile, heat a saucepan to medium. Coat pan with half the butter or oil listed above. Cook the mango until softened, about 5 minutes. Add chile garlic sauce and honey. Remove from heat and sprinkle with fresh green herbs.

Spread the chicken breast with mango chutney and sprinkle with jack cheese. Roll up chicken breasts and hold together with toothpicks. Season the outer skin with rub listed above.

Melt 3 tbs butter and roll the chicken breast in butter and then in the panko pecan mixture. Refrigerate for several hours so that filling firms and won't leak out during cooking.

Heat skillet to medium on stove top. Toss the remaining oil or butter in pan. Cook the chicken until browned on all sides. Place in a large baking dish and cook in the oven for about 15 minutes.



## Side Dishes

### Coconut Rice



#### Ingredients:

1 1/3 cups chicken broth  
1 (14-ounce) can coconut milk  
1 teaspoon salt  
2 cups jasmine or basmati rice  
1 cup diced mango  
1/2 cup chopped roasted, salted pistachios  
1/3 cup cilantro, chopped

#### Directions:

Bring first 3 ingredients to a boil in a large saucepan. Stir in rice. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed and rice is tender. Remove from heat; let stand 5 minutes. Toss gently with remaining ingredients.



## Glazed Chinese Long Beans



### Ingredients:

1/2 pound Chinese long beans  
2 tablespoons butter  
2 tablespoons sliced scallion  
1 tablespoon freshly minced ginger  
1 tablespoon minced garlic  
Pinch red pepper flakes  
1/2 cup chicken stock  
1 tablespoon honey  
1 tablespoon sesame oil  
Salt and freshly cracked black pepper  
2 tablespoons sesame seeds, optional

### Directions:

In a large pot of boiling water, blanch long beans for 2 minutes until slightly tender. Allow to cool.  
In a large skillet over medium-high heat, add butter. Add scallions, ginger and garlic. Mix together. Add red pepper flakes and long beans. Allow to cook for a few minutes. Stir in chicken stock, honey and sesame oil. Season with salt and pepper, to taste, and sprinkle with sesame seeds.



## Dessert

### Spice of Life Cake



#### Ingredients:

1 package (18-1/4 ounces) spice cake mix  
1 package (3.5 ounces) instant vanilla pudding mix  
4 eggs  
3/4 cup water  
1/2 cup sour cream  
1/4 cup canola oil  
2 cups shredded carrots – about 3 medium carrots  
1 can (8 ounces) unsweetened crushed pineapple, drained  
1/2 cup flaked coconut  
1/2 cup chopped pecans  
1/2 cup raisins

#### Directions:

In a large bowl, combine the cake mix, pudding mix, eggs, water, sour cream and oil; beat on low speed for 30 seconds. Beat on medium for 2 minutes. Fold in the carrots, pineapple, coconut, pecans and raisins just until blended. Pour into two greased and floured 9-in. round baking pans.

Bake at 350° for 25-30 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks to cool completely.

When ready to frost, slice each cake in half and frost in between each layer for a four layer cake.



## Frosting:

1 cup butter, softened  
1 package (8 ounces) cream cheese, softened  
6 cups confectioners' sugar  
1/2 cup caramel ice cream topping  
1 to 2 tablespoons 2% milk

## Directions:

In a large bowl, beat butter and cream cheese until fluffy. Add the confectioners' sugar, ice cream topping and enough milk to achieve desired consistency. Spread frosting between layers. Once cake is stacked in four layers, spread a thin “crumb coat” of frosting over the top and sides of cake to keep the crumbs down. Then frost then entire cake with a thicker finishing layer of frosting and make decorative swirls. You can pat toasted coconut or toasted pecans around the outer edge of the cake as a decorative option. Store cake in the refrigerator. **Yield:** 12 servings.

## Relax! You're Retired!

### Decorations



## Creating the Mood

### Colorful Tablescapes

Vinyl tablecloths are better than paper since moisture from glasses will ruin the tablecloth. Bold and happy colors are the party theme. If you have multiple tables, set each table with the theme colors of a sunny vacation destination. Bright yellows, blues, and greens for the individual tables and white for the buffet table so the tropical appetizers will be shown off perfectly.

Plates, napkins, drink ware and utensils should all be in the same cheerful colors! Wrap the plastic knife, fork and spoon in one of the colors and tie the bundle with tri-color curling ribbons. Place all utensil bundles in a basket in the serving area.

### Cruise Ship Center Piece



In the center of each table place a Cruise ship with blue, green and yellow balloons coming from the center. To make the Cruise Ship, find a clip art drawing of a simple design and print it out to use as a template. (Enlarge it so that it is about a foot long and 6-8 inches tall) Write in black marker “USS Retirement” on each of the ships. Paste this onto poster board and cut out. You will need two per center piece. Glue the bow and stern of each ship together and leave the center open (do not glue) Insert a small glass bowl in the center of the ship. Tie long colored ribbons to balloons in the three color schemes and tie the other ends of the ribbons around a small rock. Place the rock in the glass bowl and cover with colored stones to hide the rock. The rock will hold the balloons in place and the Cruise Ship will cover the glass bowl. Make sure that the ship



is big enough for the table to make a statement but not to block the view of the guests across the table. Also make sure the balloons are high enough not to block the view of people standing by the table (long ribbons)

### **Guest of Honor Chair**

Get a large chair that you can drape with blue velour or gold shiny cloth to look like a King or Queen's throne. You can use remnants from a fabric store and piece them together since they will be tucked into the cushions of the chair and draped over the back. This will be at the front of the room where the retiree will sit during the "This Is Your Life" presentation.

### **Streamers and Balloons**



Balloons are an inexpensive way to decorate with the theme colors of the Retirement Party and balloons always say, It's Party Time! Use them in groups at different places in the room to tie into the table decorations. But don't overdo with the balloons.



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## Music



**Great Music Is About Memories!** Lively music will get everyone in the mood for a party! The music will also inspire dancing, laughter and fun. Mix in the retirees favorite songs with retirement theme songs like those listed below. Target has a selection of Upbeat Festive music CDs to pick from. They are very reasonably priced and we have never been disappointed by their quality. Some other favorites are listed below or you can always check iTunes. Start a playlist on Pandora you can revisit whenever you wonder what work life was like!

1. Breathe In, Breathe Out, Move On - Jimmy Buffet
2. Workin' for a Living - Huey Lewis and the News
3. Bang on the Drum All Day – Todd Rundgren
4. Takin' Care of Business - BTO
5. Take This Job and Shove It – Johnny Paycheck
6. The Best is Yet to Come - Frank Sinatra
7. Dancing in the Streets - David Bowie & Mick Jagger
8. Celebration – Kool and the Gang
9. (I've Had) The Time of My Life – Bill Medley and Jennifer Warnes
10. Nine to Five – Dolly Parton
11. When I'm 64 – The Beatles





- 12.** What a Wonderful World – Louis Armstrong
- 13.** Thanks For the Memories – Bob Hope
- 14.** Lord Have Mercy on the Working Man – Travis Tritt
- 15.** Hard Working Man – Brooks & Dunn
- 16.** Another One Bites the Dust – Queen
- 17.** 40 Hour Week – Alabama
- 18.** Changes in Latitudes, Changes in Attitudes - Jimmy Buffet
- 19.** End of the Line – Traveling Wilburys
- 20.** Unforgettable – Nat king Cole & Natalie Cole
- 21.** My Way – Frank Sinatra

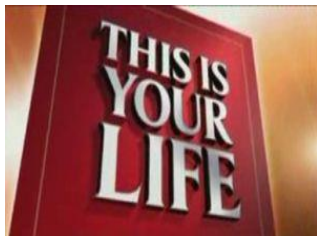


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## Activities



### **This Is Your Life!**



This is very much like a roast but with a book that the retiree can take with them as a wonderful memory of their life and retirement party. The host, consulting his "red book" of stories and pictures, narrates while presenting a lead in to each story with family members, friends, and others who have had an impact on his or her life. Each person that contributes a story will get up and tell the story about the most memorable event, funny time or how the retiree inspired or helped someone.

Sometimes it takes looking back on what we have accomplished and what we mean to all our family and friends to see the value in the life we have led. It is a funny and touching way to give tribute to the person that is retiring and a perfect time to show them there is still so much to be added to the "book of their life"!





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Ready, Set, Go



The best way to have a stress free party and feel like a guest at your own party is to plan ahead. Here is a step by step party plan that will have you confident and excited about your own party. Remember, you are the Life of the Party and your guests will follow your lead.

### **Six Months Before**

1. Contact people and explain about the “This is Your Life” book and presentation. Give them a deadline of 3 months before the party to submit their story so you can start to prepare the book.

### **One Month Before**

1. Choose the date for your party. Make your guest list and send out invitations. Guests need time to get or order costumes. Our **Party Planner** will help you get all your ideas for the party together.

2. Decide what items you have on hand and what items you will need to purchase. Use our **Party Plan Menu** to help you plan. If they are custom items, order them now.



**3.** Consider the areas for the party and any touch ups that may be needed. Plants for outdoors, a little tidying up indoors.

### **One Week Before**

**1.** Decide where you will hang the streamers and place the balloons. Make the Cruise Ships for the centerpieces. Make a list of all accessories, serving pieces and tableware you will need.

**2.** Make sure your music sound system is in good working order and make your playlist/burn CDs and load iPod.

**3.** Shop for any non-food type items.

**4.** Order balloons.

### **1-2 Days Before**

**1.** Shop for all food items (2 days before). Create a shopping list that will make it so much easier to plan and shop for your party. Our customized **Shopping List** will help you get organized.

**2.** Make the Punch.

**3.** Make Coconut Rice.

**4.** Cut fruit.

**5.** Make the Spice Cake.

**6.** Assemble utensils in napkin rolls. If possible, place the decorations the day before.

**7.** Chill beers and sodas.

### **Day of the Party**

**1.** Pick a time you must begin getting yourself ready and stick to it.

**2.** Set up the food area with the plates, utensils, napkins and glasses. Set up bar area for Passion for Life Punch, Appetizer and Buffet table, and dessert area.

**3.** Make stuffed chicken breast rolls and chill.



4. Pick up balloons. Finish decorating.
5. Assemble Pineapple Tree.
6. Make skewered sausage and cheese sticks.
7. Make Long Beans.
8. Review lists to make sure everything is ready.
9. Get dressed in your party attire.
10. Begin the festive music and have music playing the entire time.

### **Once Guests Arrive**

1. Greet guests and show them to the appetizer and drink table.
2. Remember to mingle with your guests letting them know how much you appreciate them celebrating the retirement of their friend. Don't forget to take pictures!
3. Place chicken in oven.
4. Warm up the Coconut Rice and Long Beans.
5. Place food on the buffet.
6. Welcome your guests to the retirement buffet (guest of honor goes 1<sup>st</sup>).
7. Serve dessert and begin the "This is Your Life" presentation.
8. Guests leave knowing that they helped the retiree to set sail into a fantastic retirement phase of life!

