



# KEY RETIREMENT Milestones



**50**  
YEARS OLD

You can make catch-up contributions (additional amount beyond the basic annual limit) to some retirement plans including the Fund's Tax-Deferred Savings Plan.

**55**  
YEARS OLD

You can begin a retirement annuity with the Fund if you are no longer working for a YMCA. If you terminate employment during or after the calendar year that you reach age 55, withdrawals that you take from that employer's qualified retirement plan will not be subject to the 10% early distribution tax.

**59½**  
YEARS OLD

Withdrawals from IRAs and qualified retirement plans are no longer subject to the 10% early distribution tax.

**62**  
YEARS OLD

You can start taking reduced Social Security benefits.

**65**  
YEARS OLD

You can apply for Medicare beginning 3 months prior to when you turn age 65. If you are already receiving Social Security before age 65, you will automatically be enrolled in Medicare (but can decline Part B coverage). You cannot contribute to a Health Savings Account while enrolled in Medicare.

**66-67**  
YEARS OLD

You can start taking full Social Security benefits depending on your birth year. Any delay in applying for Social Security benefits, up to age 70, can qualify you for increased retirement benefits.

**72**  
YEARS OLD

You must begin taking Required Minimum Distributions (RMDs) from traditional IRAs and former employers' qualified retirement plans, including each of the Fund's plans if no longer working for a YMCA.