

Quick Guide: Creating a Social Senior Lifestyle

Maintaining meaningful relationships is key for both mental and physical health. Fortunately, there are many ways to foster social connection – and this guide will help you get started. Keep notes for local resources as well as possible classes, lunch dates and outings.



Stick to a Schedule

Even one weekly social engagement can have lasting benefits *and* immediate rewards, including improved mood and cognitive function.



Join a Group

Group outings help you find people who share your interests. Reach out to your local senior center, YMCA or JCC for opportunities.



Connect One-on-One

When it comes to beating loneliness, one-on-one meetups are as important as group activities.



Keep Learning

Lifelong learning comes with improved mood and cognitive function. Explore continued education resources at your area's colleges.



Become a Volunteer

Volunteering is a great way to develop a strong sense of purpose and community by helping others.



Make Friends of All Ages

Intergenerational relationships are rewarding for both parties. Consider mentoring a student or look for opportunities in the community.
