

8 WAYS

to Stay Active After a **LIFE TRANSITION**



1. **Continuing education classes, faith-based groups, and hobby clubs:**

Such old standbys never go out of style because they are mirrors of your interests.

2. **Senior centers and service clubs:**

These places have a lot going on, and the welcome mat is always out. They're hubs for people looking to enrich their lives and make friends.

3. **Schools and youth:**

Connect with young people by mentoring or volunteering for underfunded school operations. Consider becoming a substitute teacher or bus driver.

4. **Online blogs and social media:**

Entertain yourself and connect with others of similar interests (in-person meetings optional).

5. **Professional events:**

Maintain your expertise and network by engaging in your professional field.

6. **Public service:**

Join a committee in your school district, business community, local agencies, or state government. Heck, run for office!

7. **Your own backyard (literally and figuratively):**

Don't forget that neighbors can be friends with a little effort. If you enjoy talking with a new acquaintance, plan an outing for lunch or an event. Too often we wait for someone else to make the move. BE that someone!

8. **Exercise groups:**

Guard your health—both physical and emotional—thanks to the “happy chemicals” released in your brain during exercise. In that state, who wouldn't want to be your friend?



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