

# Making New Friends After 50

By Noemi Capell

**When you are over 50, opportunities to meet new people—and therefore, to make friends—become rarer and harder, even more so when you are retired.**

Luckily, there are still plenty of things that you can do to meet other seniors such as volunteering, registering with a dating website or joining a club.

## Get Out of Your Comfort Zone

If you want to meet people, you'll have to be proactive and receptive. Accept a maximum of invitations... and mingle! Also, don't underestimate the power of small talk with the postman, the butcher or the person sitting next to you on the bus. They all are potential friends.

## Register with a Dating Website

An easy way to search for friends is to register with a dating website dedicated to seniors looking for a friendship. This is a great option for the shyest among us! The principle is similar to looking for a 50 plus soulmate online: you create a dating profile, choose a pseudonym, specify your gender and location, describe your interests and add a nice picture of yourself.

Once you have found someone who arouses your curiosity, you can kick things off by sending them a message. If the friendship sparkles, you can continue by chatting online or calling them before finally meeting up for coffee or anything else.

## Volunteer

Another way to meet new people over 50 is to volunteer with an association whether this is participat-



ing at an animal refuge, helping children with their homework or raising funds to build a school in Africa. Another idea is to get involved in your local community. You'll quickly meet interesting people while being useful at the same time.

## Opt for a 50 Plus Holiday

Some agencies organize tours or trips catered to those over 50. Staying at holiday clubs at certain periods of the year will also greatly improve your chances of being surrounded by people of your own age.

Another way to meet men and women is to go on a cruise which is a popular way of traveling among seniors. People are always more relaxed and willing to start a conversation with strangers when they are on holiday.

## Join a Class or a Club

To make new friends, you need to get out of the house and go somewhere you can meet people.

Joining a class, whether salsa or painting lessons, a singing group or a walking club is the best way to spend more time with people who share the same interests.

## Look After Your Grandkids

If you have grandchildren, picking them up at school provides you with a great opportunity to start a conversation with other parents and grandparents. Taking them to their karate class or their classmates' birthday parties could also be a chance to meet people.

## Walk Your Dog

Those who have dogs know it: conversations with other pet owners and walkers spark up easily when you take your dog out for a stroll. Whether on the street or in the park, there are always people stopping to pet your little ball of fur.

---

*For more information, contact Noemi Capell at [2Seniors.co.uk](http://2Seniors.co.uk).*