

Has your social circle diminished over the years? If so, it can be difficult to make new friends as you get older. Here are some tips that might help.

1. Be proactive. Go out and meet people. Libraries, cafes and neighborhood gatherings are all ideal places to mingle. Alternatively, take a class that interests you, volunteer with a charity or join a club.

2. Seize opportunities. If someone invites you to an event or on an outing, accept! Don't make excuses just because you're nervous. If you meet someone you like, make plans to see them again soon.

3. Be interested. Listen to others and be interested in what they have to say. Smile, ask questions and don't monopolize the conversation.

4. Keep in touch. Meeting new people isn't the only way to enrich your social life. It can be just as rewarding, if not more so, to get in touch with old friends. You may be surprised at how easily you're able to reconnect.

There's no shortage of ways to meet new people. Search the internet to find local groups and clubs that interest you. Alternatively, take regular walks around your neighborhood. It'll keep you in shape and you'll get to know people in the area.



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