

Recommendations from WHI Participants for activities to stay engaged and combat loneliness

“Check out "Make Room at the Table" on Facebook or elsewhere to help with loneliness.”

“Fact-checking research keeps me using my brain and my time!”

“Outdoor walking group has been a major help for me. Others find tennis groups helpful.”

“I’ve been really enjoying online courses with OLLI (Osher Lifelong Learning Institute) and now have been accepted as a moderator to assist the instructor of a Broadway Musical course in a series which I really love. I am also participating in OLLI and in my UU Fellowship workshops to increase my awareness of racial inequities and learn more become an anti-racist ally. (I am White and 82!) I’ve had to let go of Tai Chi in person, but I can participate in a NIA dance class online and have been in a Course in Miracles study group now online for 10 years.”

“Love NIA. Started during the pandemic and am continuing.”

“I lead an exercise group on Zoom 2x per week. Both exercise and socialization. Entering my 13th year of doing this and some of the group have been in class from the start.”

“Other ideas? Walking several times in the woodlands. I took many courses of Great Courses on sciences (bio, chem, physics), engineering, aeronautics, info sic tech., quantum physics + Coursera courses in Arctic Economy and Talmud! Fascinating and time consuming and fruit for thought! Never bored!”

“I’ve been taking online classes at Masterclass. Everything from design, meditation, acting . . . whatever interests you.”

<https://www.womens-exchange.org/>