

General ideas for social connection discussed during the October 19th WHI Participant Webinar

- Attend one of the University programs that support learning throughout life (Ex. Osher Lifelong Learning Institute (OLLI) at various universities across the United States - <https://www.osherfoundation.org/olli.html>)
- Visits from family members and/or friends in person if safe or through FaceTime/Zoom if far away or preferred
- Attend classes and/or social events on Zoom
- If it's a possibility, look into getting a pet companion such as a dog or cat
- WHI women could be of support and connection to one another over Zoom.
- Volunteer in an area of interest for you.
- There is an organization called Make Room at the Table to deal with social isolation (<https://farfromalone.com/make-room-the-table/>).
- Volunteer or attend a program at your local library.
- Senior Centers offer opportunities for interaction.
- Hospitals have activities as well.
- Many museums have opportunities for activities and volunteering.