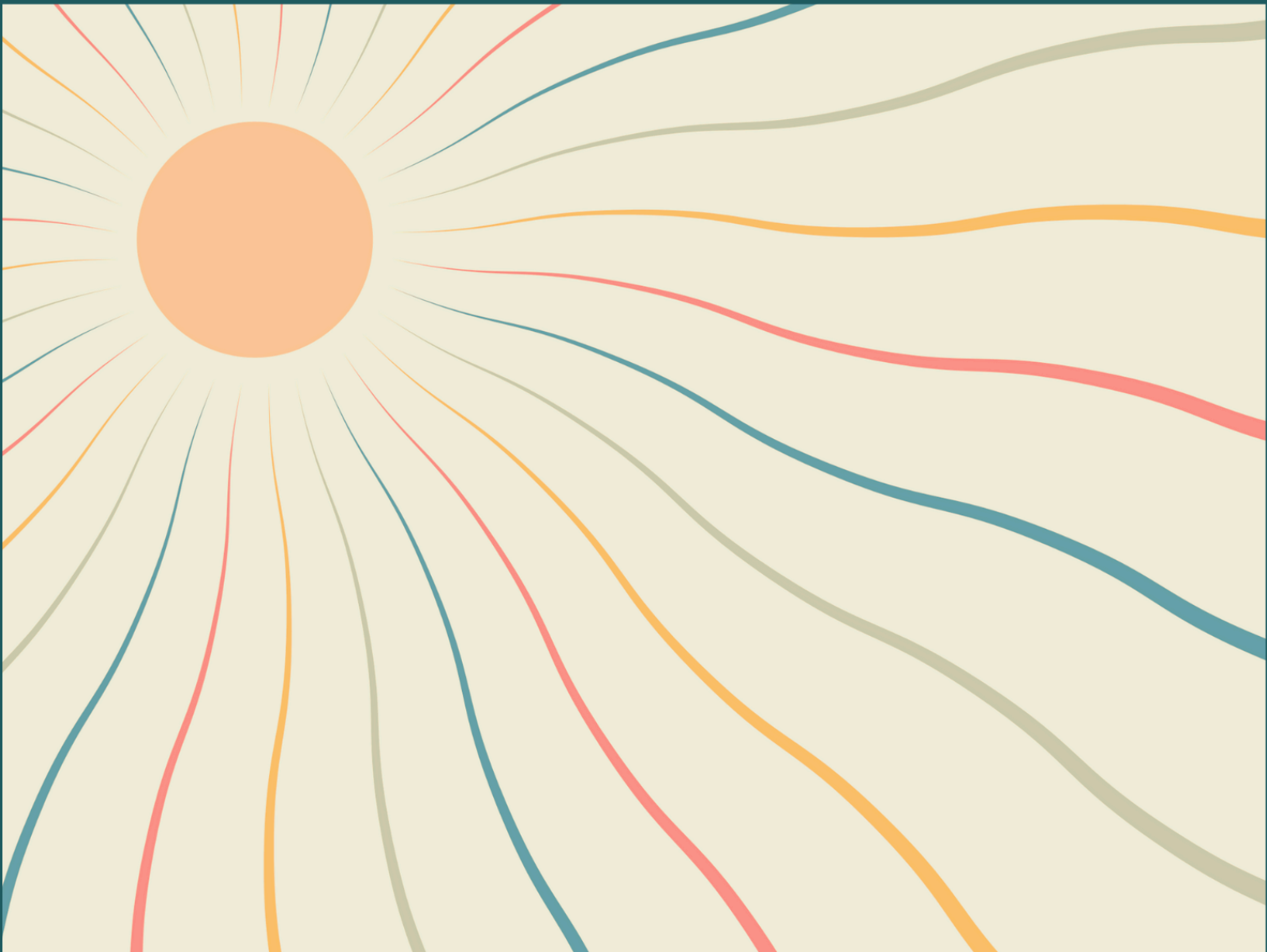


Not Your Parents' Retirement

Free Checklist

Top 10 Free (or Cheap) Ways to Stay Socially Active in Retirement

Real connection. No credit card required



Welcome!

Retirement is a new beginning—not an ending. Whether you're newly retired or have been navigating this chapter solo for a while, staying socially connected is one of the most powerful ways to boost your mood, protect your mental health, and bring more joy into everyday life.

The best part? You don't need to spend a lot (or anything at all!) to build meaningful connections.

This **Top 10 Free (or Cheap) Ways to Stay Socially Active in Retirement** checklist offers simple, actionable ideas to help you stay engaged, meet new people, and rediscover the joy of community—without stretching your budget.

Use it as a reminder, a motivator, or a gentle nudge when you're feeling a little isolated. Even one small step can lead to a big breakthrough in your social life.

So grab your favorite pen or highlighter and start checking things off—your next great connection might be just around the corner.

You've got this. 

— Jennifer Edwards
Not Your Parents' Retirement

✓ Your Social Connection Checklist

✓	Activity	Notes
<input type="checkbox"/>	Join a local club or hobby group	Look for gardening, book clubs, writing circles, or walking groups at the library or community boards.
<input type="checkbox"/>	Attend library or community center events	Watch for movie nights, lectures, craft circles, or music performances.
<input type="checkbox"/>	Explore parks and outdoor meetups	Join tai chi or walking groups in the park—nature + connection is a win-win.
<input type="checkbox"/>	Volunteer your time	Try local museums, food banks, animal shelters, or senior companion programs.
<input type="checkbox"/>	Join or start a creative group	Painting, knitting, photography, or poetry nights help you meet like-minded folks.
<input type="checkbox"/>	Host a casual potluck or coffee chat	Keep it simple: a few friends, a shared meal, and meaningful conversation.
<input type="checkbox"/>	Try Stitch.net or Nextdoor	Great for meeting people near you or finding events that match your interests.
<input type="checkbox"/>	Go to free local events	Farmers' markets, art walks, free concerts—these are great for meeting people casually.

<input type="checkbox"/>	Start a “friendship project”	Invite one new or familiar person each week for coffee, a walk, or a chat.
<input type="checkbox"/>	Try a free fitness or movement class	Check your local rec center or YMCA for yoga, tai chi, or dance sessions.

✨ Your Next Steps

Which 3 ideas are you most excited to try?	
1.	
2.	
3.	

Try This:

Keep this checklist somewhere visible—like on your fridge or in your planner—as a reminder that connection is always possible.

