



## GOING SOLO

One big adjustment for many people occurs when you no longer do things as a couple. This may be due to a divorce or the loss of a spouse, or it may be because your partner can no longer participate in social events due to a physical disability or cognitive decline. But you still want to travel, go out to dinner, dancing, to a movie, concert, theater performance or sporting event.

It seems that this transition is more of a hurdle for some people than others. This could relate to how independent you were before, or it may be generational; it seems that each generation is less concerned than the previous one about going out alone.

After decades of doing everything with a partner—from having breakfast together and discussing the news, or sharing a business, to traveling around the world, you might find “going solo” very lonely. Or, you may welcome this change as an opportunity to explore what it’s like to live alone, or to do things you always wanted to do but your partner did not enjoy. You can discover new things about yourself when you’re alone and have more freedom to go at your own pace or to feel more in charge of your life.

Some people find friends/companions who share the same interests so they can continue their favorite activities. Others enter co-housing arrangements with others for both companionship and shared costs.

PSRC is a great place to meet people who share similar interests. Nearly every week we see people bringing lunch to eat together or they go out after class. Others become friends who connect for lunch or a movie outside of PSRC; we even know people who met at one of our activities who’ve married one another!

For those who want to remarry, it can be intimidating to go on dating websites. Many people meet through friends or shared activities. Consider trying some new activities with new groups of people. Let your friends know you want to meet new people. As a friend, if you are hosting an event, you can consider inviting a mix of single and coupled friends so it isn’t uncomfortable for the single friends, and you can provide an opportunity for new connections.

One reason we chose to repeat the BBQ and Line Dance event is that you don’t need a partner to do line dancing! It is a fun community event, whether you are dancing, watching, or eating - as many who attended last year told us. Come see for yourself on June 18th!

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