

Offered as a resource for companionship and recreation for people with similar interests.

Books & Guides

Expand Your Circles: Prevent Isolation and Loneliness As You Age

As circumstances in our lives change, it is important to stay socially connected and engaged in our community. [Expand Your Circles: Prevent Isolation and Loneliness As You Age](#) provides resources and strategies for keeping your social network vibrant!

Source

[National Association of Area Agencies on Aging](#)

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