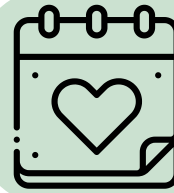


Improving Social Connectedness

in Waukesha County

What Can You Do to Improve Your Social Connections?



Eras
SENIOR NETWORK

FIND SOCIAL CONNECTIONS HERE:
ERAS.ORG/COMMUNITY



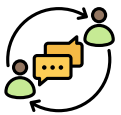
Reach Out

Need someone to talk to? Check out AARP's Friendly Voice line: **1-888-281-0145** or call Era's Senior Network at **262-549-3348** to get connected to a local friendly voice.



Use Technology

Go to your local library or community college (WCTC), for technology or computer classes. Use technology to call, text, or video call with loved ones at a distance.



Host a Get Together

If you've lost touch with people you used to be close with, reach out!



Join a Fitness Facility

Build friendships with others while building strength and endurance!



Visit a Park

A great place to meet someone new with similar hobbies is a local park. Find accessible recreation in Wisconsin.



Start a New Hobby

Learning something new is a great way to connect with others – oftentimes, others are learning new things right alongside you!



Visit a Neighbor

Bring a plate of cookies, a homemade loaf of bread, or just stop by and say hi!



Get a Job

A job provides a great opportunity to connect with co-workers and clients.



Host a Night

Whether a game night, a dinner, a coffee hour, or other – invite people to connect with you.



Care for Others

Whether it's grandchildren, neighbors' kids, or others – spend time with younger generations.



Join a Club or Group

A book club, knitting club, garden club, golf club, faith organization, or more!



Take a Health Promotion Class

Learn how you can better manage your health available through the ADRC, UW-Extension, or many health care providers.



Learn Something New

See what opportunities are available at local community colleges, community/senior centers, or Learning in Retirement of Waukesha County (LIRWC).



Volunteer

What better way to connect with others than by giving back to your community! Find offerings at United Way or VolunteerMatch.org.

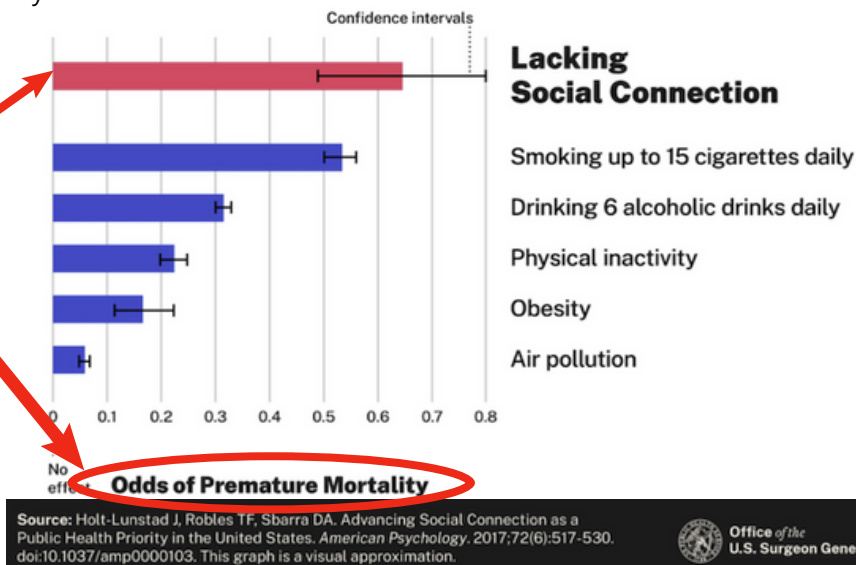
What is Social Connectedness?

The Center for Disease Control (CDC) says social connectedness reflects the continuum of meeting social connection needs. It is the degree to which you have the number, quality, and variety of relationships that you want. It is when you feel like you belong and have the support and care that you need.

According to the 2023 U.S. Surgeon General's Report, lacking social connection is more dangerous to your health than smoking 15 cigarettes per day

We need socialization now more than ever, and luckily we are resilient and curious by nature. We can participate in opportunities to connect socially and enhance our well-being.

We all deserve improved health!



Life's Better Connected

Discover new friendships, fun activities, and a stronger sense of community in Waukesha County



Community Calendar by Eras Senior Network - eras.org/community

- Free, public, online calendar serves as a landing page for any events, groups, classes, or other way to get connected in Waukesha and Milwaukee Counties.
- Includes easy links to get to all Library websites, all Park and Recreation websites, and community and senior center information.



Senior (60+) Dining Programs by ADRC of Waukesha County - a nutritious lunch meal, served at 12:00pm, Monday-Friday, excluding holidays. Reservations are required at least one business day prior. Call the location below to make your reservation. Meals are contribution based rather than a fee.

Brookfield Senior Center	(262) 782-1636	2000 N Calhoun Rd, Brookfield, WI 53005
Menomonee Falls Community Center	(262) 251-3406	W152N8645 Margaret Rd, Menomonee Falls, WI 53051
Mukwonago: Birchrock Apartments	(262) 363-4458	280 Birchrock Way Mukwonago, WI 53149
New Berlin: Our Lord's Methodist Church	(414) 529-8320	5000 Sunnyslope Rd New Berlin, WI 53151
Sussex Civic Center	(262) 246-6747	N64 W23760 Main St Sussex, WI 53089



Waukesha County Government's Community Events Calendar - includes multiple County department's event and programs such as Parks & Land Use, Airport, ADRC, Waukesha Expo Center, and more. <https://events.waukeshacounty.gov>

