

Now that your children have left the nest, there's no need to feel empty: find love at any age

When your children are all grown up, married and even the youngest has left for college, you know that the birds have flown away and your nest is empty. At first the freedom of living alone without having to worry about your children seems very exhilarating. You can do what you want with your free time. You can go for bingo, or go for movies, read, go for walks or just sleep all day. You can do just about anything with your time.

But how much time can you spend on reading, walking, sleeping without getting lonely. After a while the empty house starts getting to you and the fact that you have no one to talk to and this can be depressing. Coming home to an empty house is the worst feeling, knowing that there is no one at home waiting for you, no one to open the door for you or no one to ask how your day was.

Friends become acquaintances and people with whom you merely exchange birthday, Easter and Christmas cards with. You lose touch with all those friends who were a part of your social life because your children became your first priority. But when the kids have left, you are left with no friends and certainly no social life and with a feeling of unbearable loneliness. Loneliness is the main reason why people get depressed. They have no one to talk to and interact with at home; this they say gives them "no reason to live". So what do you? You go out there and get some friends, get a social life and find someone to love.

But how do you do this? Do you change your entire lifestyle so that you are not lonely anymore? Do you start going to clubs and bars with the hopes of meeting someone who you can connect with or someone who you can talk to? You are not of the generation that will find this kind of social 'scene' appealing. In fact where the social and relationship scene is concerned, you are not even of the 'right' age. Being 'young at heart' is not enough. So what do these 'young at hearts' and unattached seniors do to find not only love, but also companionship and a social life? There are several activities that can sign up for to lead a more social life. You can be a part of book clubs, or join some cooking class or get a part time job.

Another thing that these unattached and young at heart seniors can do is sign up with a personal introduction service on the Internet. This allows them to make friends, find social partners and also find love and that special someone to spend the rest of their life with. The upside of these personal introduction services is that they allow people of any age to find love. They believe that if you are 'young at heart', nothing else matters or should matter. Age is definitely no bar here. Who knows you may find your true love here and spend your life happily ever after with that person. So even if your children have all left and gone their separate ways, and all you get is a phone call or card during the holidays; you need not worry about being lonely and unattached.