

Our first meeting will be at 3 PM on February 25, 2026

From Jan Fulwiler

***Welcome to Thriving: Solo Aging for Women!***

Here is an overview of our first class – Overview, Group Guidelines, Introductions; Worksheet. We would like to tailor this course to your needs!

**For introductions you have a choice-**

- A. Standard introduction, a little of who you are and what you hope to learn in this course
- B. Prepare a two minute introduction, you may write notes, write it all out or wing it extemporaneously,
  - a. One minute on what you had imagined retirement to be like if you had thought about it.
  - b. One minute on your present day reality in retirement, what has surprised you if anything? If not retired what questions do you have about this stage of life?

Each week we may have prework- a youtube to watch or article to read. And Dig deeper resources for you to follow-up on if this area is something you wish to know more about.

**This week's Dig Deeper resources:**

Podcasts on solo aging:

( how to find)

- iPhone → **Apple Podcasts**
- Android → **Spotify** or **YouTube**
- Computer → Spotify website or YouTube

Just open the app and type the podcast name.

**Solo – The Single Person's Guide to a Remarkable Life" (Dr. Peter McGraw)**

**Solo – The Single Person's Guide to a Remarkable Life**

**A Video author and life planner Sara Zeff Geber PhD**

On solo aging: <https://youtu.be/50BDfmePqvc?si=S-TCFFCpkk56wdt> Sara Zeff Geber, PhD, considers the years beyond 65 as the 'bonus years.' As a nationally recognized leader in planning for aging and retirement, in 2013 Sara began pursuing solo aging with a passion. The baby boomers--some 15 million--who do not have children and/or are single, Sara says, "are living without a safety net and a script for their future."

A book on solo Aging by Sara Zeff Geber, PhD **Essential Retirement Planning for Solo Agers: A retirement and aging roadmap for single and childless adults."2018**

**Feel free to explore any of these resources at your leisure. Not required for class, provided for those who wish to go deeper.**

Looking forward to a Great class, Ann Tai, Gail Miller and Jan Fulwiler

**We can be reached at [aanntai@gmail.com](mailto:aanntai@gmail.com); [sgailmiller68@gmail.com](mailto:sgailmiller68@gmail.com); and [janbfulwiler@gmail.com](mailto:janbfulwiler@gmail.com)**

You Tube video to watch:

[YouTube video Sara Zeff Geber: Solo Agers Planning for Their Future](#)

<https://www.youtube.com/watch?v=50BDfmePqvch><https://www.youtube.com/watch?v=50BDfmePqvc>

