



Solo Aging Together

A support group for older adults who find themselves aging alone.

"We are like islands in the sea, separate on the surface but connected in the deep."

—William James

Adults who live alone, do not have spouses, partners, or children, and do not have other family actively involved in their lives (sometimes referred to as "solo agers") make up about 12% of people aged 50 and older in the United States, according to AARP. While aging alone comes with certain challenges, evidence also suggests that there is hope. Feeling connected with others can improve physical, emotional, and mental health. This support group offers a space for solo agers to join together to discuss openly their experiences with aging alone and to forge new connections.

When	2nd and 4th Wednesday of each month 11 am–Noon
Location	Zoom
Cost	Free
Facilitators	Jade Shepard, LSW and Andrea Weiss, MSW

Program requires advanced screening and registration.
Please call 773.508.1000 for more information.



Since 1972, CJE SeniorLife has been dedicated to helping older adults live better every day connected to the community of their choice with access to trusted care and a full range of services, rooted in Jewish values. We enhance the lives of older adults and their families regardless of religion, sex, race, ethnicity, disability, sexual orientation, gender identity, or national origin.

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CJE SeniorLife® is a partner with the Jewish United Fund in serving our community.

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