

# 7 Tips for Senior People Stepping Back on the Dating Scene

Many senior people arrive at their golden years without a spouse or a sweetheart to speak of. Whether you've never been married, you're recovering from a divorce, or you're getting back out there after the loss of a dearly departed spouse, you've decided to hit the dating scene again.

We say - good for you!

However; we also know that dating at any age can be down-right depressing and strange for anyone. Senior people are no exception!

That's why we created this list of dating tips for you. Simple and easy:

1. Check out a seniors dating site. There are dozens of reputable matchmaking sites available for folks over fifty-five who want to find a suitable mate. Whether you're looking for someone to join for a dinner date, or a soulmate to spend your life with, sites like SeniorMatch.com, EliteSingles.com, and OurTime.com give you the safe and private opportunity to connect with eligible seniors in your area. Don't be shy! Create a profile and see who is available. You've got nothing to lose.
2. Don't take yourself so seriously. Dating is supposed to be fun! It still can be. Enjoy getting out there and meeting new people.
3. Identify your expectations. What are you looking for as you venture out on the dating scene as a senior? Do you want a committed relationship? Are you looking for something more casual? Think about these things are you look for a new romantic connection. It will be an important point early on in establishing a new romantic relationship.
4. Start pursuing new opportunities. Take a big look around. The world is filled with chances to connect with someone you'd be interested in grabbing a coffee with. You never know where you're going to meet that special new someone. Perhaps you're just not into online matches and you want to take a more traditional route to dating. Join a gym. Go to the library book club. Get out there and increase your likelihood of attracting a new partner.
5. Join a senior center. Many senior people resist joining a senior center because they say it makes them feel old. The fun part is, once senior people join a senior community and get involved, they rave about how much it makes them feel young again! Senior centers organize all kinds of super fun activities – like dancing, hiking, games, bowling.... You name it. Give it a chance. Join the senior center and you'll increase your chances of meeting someone fabulous. You'll be hanging out with people your own age who can relate to you as you navigate this season of your life.

6. Meet in public. If you do decide to meet for a date with someone you meet online, be sure and meet somewhere public. Meeting for coffee or a meal is the ideal way to get to know someone new, especially when you meet them on the Internet. Unfortunately, senior people are often the victims of fraud and abuse. It is important to really get the background on someone before you agree to allow them into your home or meet them somewhere private.

7. Take your time. Quite frequently, senior people begin dating and feel a sense of urgency to make big life decisions about marriage and the merging of property. This is due to the heightened awareness of mortality that comes with age. Slow down! Okay, you're a senior, but you can't live your life counting the minutes on the clock. Don't worry about how much time you have left..... focus on how you are going to enjoy that time. There's no need to rush to the altar. It is okay just to date!