

All The Lonely People

by Marilyn Reeves

With our ever expanding population – so many people we’re like ants running around on a global-sized ant hill – it is almost inexplicable that there are so many lonely people.

There are exceptions of course. Those who are happily married, whose lives are so inundated with family responsibilities they sometimes dream of having just a single hour to themselves. And those young, single people who are busy with jobs, have plenty of friends and activities, and lead well-balanced lives.

But periods of loneliness can happen to anyone at any age. The folks with the most pervasive problem, however, are generally those of us in advancing years who were once married or in a serious relationship and then find ourselves suddenly single again. And among senior citizens, the majority of us are women.

Some women are content to spend time with other lady friends or caring for their grandchildren and have no desire for a man in their lives.

But once the old life has been neatly packed away in a little compartment of your mind marked “History”, you may be one of those who wakes up one day and begins to contemplate how nice it would be to have someone new in your life. You realize that you’re well past 50, but – despite the odds – you decide to give it a try. So where to begin? Well, if you’re the adventurous type, you may try on-line dating. Way too risky for my taste, but some have been successful. Or you may find yourself being set up with blind dates by well meaning friends. Their idea of the perfect match for you may differ somewhat drastically from your own, however, so you find yourself in the double dilemma of disappointing the proffered beau as well as the friend who was so eager to play match maker. And, unless you are truly the adventurous type like some of the younger singles out there, you avoid the bar hopping scene altogether.

So what’s left? Aha! Community activities. You find yourself joining various social groups, taking classes, attending lectures – any or all of the above should surely lead you to meeting some eligible fellows. The only drawback being that within any group of twenty people, only one or two will be eligible men. And if those one or two have anything going for them at all, there’s a waiting list of women a mile long.

But if you’re just looking for someone to go out with, that is probably doable. If, however, you envision finding someone you could really care about who actually wants you too ... that could take awhile.

So in the meantime, find yourself a hobby, get out as often as you can, and be good to yourself, because the only one who is guaranteed to be your life-long companion is you.