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5 Reasons Why Networking is Valuable for Seniors

Most people know that networking is essential for your career. But what about after leaving the workforce? While you may not be looking to advance as a professional, networking offers several amazing benefits to seniors. Maintaining your personal and professional networks, as well as working to expand them, can open up all kinds of exciting opportunities for your retirement. And as we know at [The Terrace at Ruby View](#), building social connections will keep your mind sharp! Let's explore some reasons why networking should be one of your top retirement priorities.

Starting a Business

Have you thought about using your retirement to start a business? Every day, seniors like you are coming up with exciting new [business ideas](#) and putting them into action. If you want to jump on the bandwagon, networking with other entrepreneurs is a great way to access valuable advice and mentoring. [Join groups](#) where you can connect with business owners and develop real relationships. Your local Chamber of Commerce could be a good place to start!

Finding someone who can mentor you through the startup phase of your business will ensure you don't miss any important steps. For example, you will need to consider a number of legal questions before launching, like whether or not you need special licenses and how you're going to structure your business—such as a sole proprietorship or LLC. Thankfully, online tools like [Zen Business](#) make it easy to do this online!

Launching a Nonprofit

Many nonprofit owners will tell you that running a nonprofit is harder than running a business, and they're not wrong! Launching a nonprofit requires a lot of time and hard work. But if you're passionate about a cause, getting into the [nonprofit industry](#) could be a great use of your retirement. A strong network will offer invaluable support as you get off the ground. Look to your network for expertise, funding, and individuals willing to get involved through volunteer work.

Volunteer Opportunities

Networking is also a great source of [volunteer opportunities](#). By talking to people in your personal and professional groups, you will discover all kinds of ways to be of use to people who need a hand. For example, you could wind up participating in homebuilding projects, helping military families and veterans, working with children, or disaster relief. What's more, volunteering is an excellent way to establish new networking connections!

Finding Part-Time Roles

If you're looking for ways to make some extra pocket money, finding a part-time or seasonal job could be a great idea. Again, this is where networking offers real value. Networking is the best way to find seasonal jobs at event venues, festivals, and sports arenas. Connecting with others can also reveal fun and [unique job opportunities](#), like working as a tour guide for a local tourist attraction or joining the National Park Service.

Keeping Yourself Intellectually Active

Perhaps one of the greatest benefits of networking in retirement is the opportunity to keep your mind active. According to Healthline, [social isolation](#) is a serious threat to our mental and physical wellbeing. In fact, loneliness has been linked to all kinds of debilitating chronic conditions, including heart disease and Alzheimer's.

The good news is that staying social through networking, volunteering, and working can stave off the effects of isolation and keep you feeling your best in retirement. Even if you're not looking for a business or work opportunity, consider developing your [personal support network](#). Few things are more valuable than having the support of others as you navigate the challenges of aging.

If you're looking for something to do in retirement, make it a priority to cultivate strong personal and professional relationships. Networking will open the door to many new opportunities. Get out there, start building real connections, and get involved in your community!

Looking for networking opportunities? [The Terrace at Ruby View](#) is Elko's Senior and Active Lifestyle Center providing socialization, education, and nutritious meals to seniors like you. Come and visit us today!