



Boston University Faculty & Staff Assistance Office

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Retirement Resources

Boston University

[Resources for Retirees](#) including [Retiree Perks](#)

Volunteering

[Encore Boston Network](#) - a community of people over 50 who want to volunteer and continue meaningful involvement in community.

[VolunteerMatch.org](#) - Search for volunteer opportunities based on location.

[Boston Cares](#) - Search for volunteer opportunities based on location.

[AmeriCorps Seniors](#) - Opportunities range from visiting older adults at home for companionship to mentoring students in a classroom setting.

Your local Senior Center

Learning & Education

Boston University [Evergreen program](#)

Tufts University [Osher Lifelong Learning Institute](#)

Brandeis [Osher Lifelong Learning Institute](#)

Boston College [Beyond Lifelong Learning](#)

Harvard Institute for [Learning in Retirement](#)

[Master Class](#) - Online courses taught by a wide-range of teachers who are experts in their fields.

[GetSetUp](#) – A platform that provides educational courses specifically created for older adults

[Coursera.org/](#) ; [EdX.org](#) - Online courses, some free, from top universities

Activity & Connection Online

[Vitality Society](#) - A virtual platform for people 60 and older that combines live exercise and wellness classes with social interaction among members

[Tours by Locals](#) - Offers live virtual tours of locations around the world led by local guides

General Resources

[Massachusetts Councils on Aging](#) located in towns and cities of Commonwealth offer wide range of health, wellness, support, education, exercise, and social programs for seniors.

[American Association of Retired Persons](#) AARP national organization offering a wide range of discounts and information

Many cellular providers offer discounts to account holders over 55 years old. Ask for a plan review.

Books

Franco, M. (2022). Platonic: How the Science of Attachment Can Help You Make – and Keep – Friends.

Levy, B. (2022). Breaking the Age Code: How Your Beliefs About Aging Determine How Long & Well You Live. New York, New York, William Morrow.

Schlossberg, N. (2004). Retire smart, retire happy: Finding your true path in life. Washington, DC: American Psychological Association.

Waldinger, R and Schulz, M. (2023). The Good Life: Lessons from the World's Longest Scientific Study of Happiness. New York, New York. Simon and Schuster.

Zelinski, E. (2017). How to Retire Happy, Wild and Free: Retirement wisdom that *you won't get* from your financial advisor. Edmonton, AB, Canada: Visions International Publishing.

Podcasts

[The Retirement Wisdom Podcast](#)

References

[Health and Retirement Study](#), 1992-2012. U of Michigan, Ann Arbor, MI

[Retiring Earlier Than Planned: What Matters Most?](#) Center for Retirement Research. Boston College. February 2019

[Life Expectancy](#). Centers for Disease Control and Prevention. February 2023

[The Average Retirement Age in 2024: US vs. China](#). Nasdaq. August 23, 2024

[Are the Last Boomers Ready for Retirement?](#) AARP. April 19, 2024

[An 85-year Harvard study on happiness found the No. 1 retirement challenge that 'no one talks about'.](#) CNBC. March 2023

[What Makes Retirees Happy?](#) Center for Retirement Research. Boston College. February 2005.

[2024 MassMutual Retirement Happiness Study](#)

[The Retirement Wisdom Podcast](#)

- How to Make New Friends in Retirement – Dr. Marisa G. Franco. Nov 7, 2022
- Breaking the Age Code – Dr. Becca Levy
- The Emotional Side of Retiring – Kate Schroeder
- The Four Phases of Retirement – Dr. Riley Moynes