



Boston University Faculty & Staff Assistance Office

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Retirement Resources

Boston University

- [BU Society for Retired Faculty & Staff](#) including [Resources for Retirees](#) and [Retiree Perks](#)

Volunteering

- [Encore Boston Network](#) - This is for people over 50 who want to volunteer and continue meaningful involvement in the community.
- [Create the Good](#) - AARP's program that matches volunteers with service opportunities in their area, such as being a foster grandparent.
- [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

Books

- 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](#)

- 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

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.
- [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](#)
- [Retirement Strategies for Every Age from Fidelity](#)
- [I'm Retired, Now What](#) Psychology Today Nov 2025