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## [AARP Presents - Age-Friendly Fridays: New Year, New Connections!](#)

Date and Time

Monthly on the second Friday 10:00 to 11:00am

Upcoming

- Friday 2/14/2025 10:00 to 11:00am
- Friday 3/14/2025 10:00 to 11:00am
- Friday 4/11/2025 10:00 to 11:00am
- Friday 5/9/2025 10:00 to 11:00am
- Friday 6/13/2025 10:00 to 11:00am
- Friday 7/11/2025 10:00 to 11:00am
- Friday 8/8/2025 10:00 to 11:00am
- Friday 9/12/2025 10:00 to 11:00am
- Friday 10/10/2025 10:00 to 11:00am
- Friday 11/14/2025 10:00 to 11:00am
- Friday 12/12/2025 10:00 to 11:00am
- Friday 1/9/2026 10:00 to 11:00am

Event Region

Statewide

Event Type

Webinar

RSVP Info

For questions, contact AARP NC at [ncaarp@aarp.org](mailto:ncaarp@aarp.org)

Event Cost

\$0.00

Event Description

We're exploring a topic each month of importance to older adults as they age. This month's subject is the need for social connections.

**About the Event**

Join us each month as AARP and Age-Friendly Mecklenburg present Age-Friendly Fridays, a series of virtual workshops that will explore a new topic each time that is key to older adults who are aging in their communities.

This month, we'll discuss the importance of social connections to health and happiness, and what you can do in 2025 to form new connections.

### **How to Join**

Sign in to your AARP account or create an account to register for [events](#). AARP membership is not required. You will receive an email with the Zoom link before the session.

Event Image or Sponsor Logo

Image

