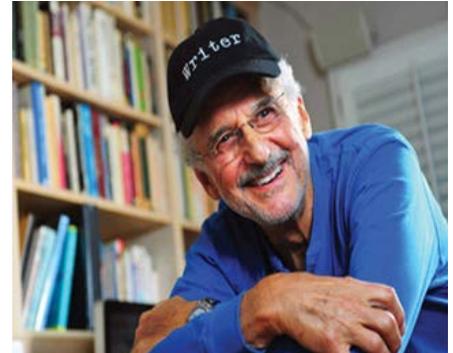


Dating Again After 60 Years

By Edward A. Dreyfus, Ph.D.



Edward Dreyfus

Dating and lovemaking are different when you are 60, 70 and 80 than when you are 20, 30 or 40. Instead of it being a performance game, it is a quality experience. It's an opportunity to meet new people. The focus is more on the human connection than on looks, stamina and money.

An 85-year old man asks after his wife of 60 years dies, "how do I connect back in the game after six decades of married life?"

An 89-year old retired physician visits a therapist complaining, "my 70-year old wife is going to divorce me if I don't make love to her."

You may smile when you read this and wonder, "what's going on with these old codgers? It's time for them to pack it in."

It's no longer the case that septuagenarians, octogenarians and nonagenarians are throwing in the towel on life.

The 85-year old who wants to connect back in the game realizes that he still has a bit of road in front of him and would like to find a new partner with whom to travel on it. As a recent widower, he must recognize that he cannot compare a new partner to his deceased wife. And what he is looking for today is different from what he looked for as a young man.

The 89-year old physician had to learn that while he may not be able to engage in vigorous all-night lovemaking, he could learn the art of erotic massage; he became a great lover instead of just a sexual athlete.

Age is a time on a calendar; youthfulness is a state of mind and can be had at any age.

Aging is a time of discovery. It's a time to learn new things rather than moan about what we no longer can do. As we age, we learn we do not have to give up the things we love; we just may have to learn how to do them differently.

At 79, I may no longer be engaged in combative martial arts (I earned a black belt at 70) but I can do Tai Chi. I cannot do the jitterbug but I can do a rumba.

A friend of mine never learned to ride a bicycle. But at the age of 80, he and his 75-year old wife bought tricycles to cruise around their retirement village complex. They are getting more exercise today than they got when they were half their age.

Age is a time to appreciate the gift of life rather than racing through it.

Age is a time to appreciate the gift of life rather than racing through it. When we are young, we cannot wait to reach the next age. When we are older, we want to slow down the clock. We want to learn how to appreciate each moment. Appreciating the journey, marveling in discovery and developing the fine art of lingering – this is what aging is all about. It would be wise to pursue connecting with a new partner with the same mind-set.

Fulfillment is more important than simply fun and dining is more important than inhaling fast food. For more information about dating after many years, go to: www.50PlusConnects.com.