

Baby boomers talk: Dating over 40

By JOAN HUNT

ReminderNews Editor

If you want to find love, you need to be active, and the truth is it is easier to not be active," said Ronnie Ann Ryan, a dating coach who grew up in Vernon. Ryan, who spoke to the Manchester Baby Boomer social group at the Northwest Park Activity Center on April 17, knows first hand what she is talking about.

"I introduced Ronnie Ann by using her biography," said Debby Kellie, who coordinates the baby boomer group at the Manchester Parks & Rec. Dept. "It says that she woke up one cold day in January on her 40th birthday and figured she would spend the rest of her life single. By May, she realized that she wanted to be married, so she decided to make changes." Ryan dated 30 men in the following 15 months, she said, before finding the great guy that she is still married to.

Ryan had her success online, and she encourages women to take that leap of faith and try something new. "Where are the single people?" she asks. "How do you find them?" You need to go to places where they congregate, and particularly for men, that is online."

Most of Ryan's clients are in their 40s through 60s, the majority of them women who find it more difficult to meet people in their general daily activities than they might have when they were in their 20s. "You can go to singles dances or church groups or meet-up groups as well," she said, "but they don't usually have as many men there as women."

The secret to successful navigation of online dating sources like Match.com, says Ryan, is to "just be smart."

"Don't give anybody money, don't tell them your last name until you have had several dates. Don't tell where you live, your last name or your home phone number," she suggests. After 12 years as a dating coach, Ryan said she has never heard a bad tale from a client about computer dating.

As part of Ryan's business, she will help a client create a strong profile for online dating, and she has good suggestions about how to be successful at it. "You build up your skills and become less attached to every date, and you become more confident," she said.

The subject of her talk on April 17

was "Dating Over 40: 7 Big Mistakes That Can Keep You Single." Recreation Supervisor Karen Gubbins said everyone enjoyed the evening and the interesting thing about the event was that several men also attended.

"I often compare dating to a job interview," said Ryan, "in that a lot of people say foolish things on the first date they would never say in an interview." For example, most people would not bash a former boss during a job interview, but women and men often bash a former spouse or significant other to someone they have just met; and it is a real turn-off.

"It is not showing yourself in the best light," said Ryan. She added that both the man and the woman are trying to "interview" one another during the early dating stage, and each should be aware of that and cooperative of the process.

Subjects covered in the dating seminar included how to strike up a conversation, how to spice up your appeal and first date do's and don'ts.

For more, check out Ryan's website at nevertoolate.biz. She can also be reached at 203-877-3777.



Dating coach Ronnie Ann Ryan is an expert on finding love after 40, having done it herself and authored a book called 'MANifesting Mr. Right.' Courtesy photo.

More on the Baby Boomers Social Group

Recreation Supervisor Karen Gubbins said that several additional programs are scheduled for the Baby Boomer group this year, including a series of Boomer Workshops for Personal Growth, held once a month on Thursday evenings at Northwest Park.

"It's a great group of people, and we do different events like movies, theatre and restaurants too," said coordinator Debby Kellie.

Both women are excited about the next workshop, scheduled for Thursday, May 15 at 6 p.m., called "From Good to Great! Increase Happiness, Self-Esteem and Confidence Permanently." Presented by Emily Filloramo, a Success and Happiness Catalyst, the program will discuss how to get out of your own way and be happy right now – not after some goal has been reached. The event will be held outdoors at the overlook deck or the pavilion at Northwest Park, weather permitting. In case of rain, it will be at Building One, 448 Tolland Turnpike, in Manchester. Pre-registration is pre-

ferred by emailing djk381@hotmail.com. Cost is \$7 at the door.

Baby Boomers technically are people born between (and including) the years 1946-1964. The social group is for active men and women in that age group who are looking for a social outlet. They can be married, single or divorced, with or without children. Upcoming classes include Body-Sculpt Fusion (includes aerobics and weight training), Yogalates and cooking.

"Every year we try to hold special events for boomers," said Gubbins. "Debby Kellie manages an e-mail network which has close to 400 people on it," she said of the active and growing group of Baby Boomers.

"We are really excited about these new workshops, which will conclude in September/October, and there is an outdoor concert also coming up," said Gubbins.

For more information or to join the Baby Boomers Social Group, call Gubbins at 860-647-3075, contact her at kgubbins@manchesterct.gov or contact Deb Kellie at djk381@hotmail.com.