

# RETIRED: NOW WHAT?

THURSDAYS FROM 10 AM-11:30 AM  
STARTING FEBRUARY 12, 2026

Retirement is a major life transition, one that brings freedom, change, and sometimes unexpected challenges. This support group offers a welcoming space for recently retired individuals to reflect on this new chapter, share experiences, and connect with others who understand the shift in identity, routine, and purpose that retirement can bring.



THE SAMARITAN CENTER AT THE JERSEY SHORE  
36 SOUTH STREET, MANASQUAN, NJ 08736

To register, please call 732-223-4673  
or sign up online at [njsamaritan.org](http://njsamaritan.org)

Registration Link:



The Samaritan Center  
AT THE JERSEY SHORE



Facilitated by Grace Huegel,  
Mental Health Graduate Intern  
Supervised by Jennifer Fria,  
LPC, ACS