



Mike Cho

Age:65

Location: Seattle, WA

Occupation(Retired): Middle School
Science Teacher

Background

Mike Cho is a 65-year-old retired middle school science teacher living in Seattle, Washington. Since retiring last year, he's enjoyed having more free time but often feels isolated and misses the social connections and structure his job provided. He's comfortable with technology, using his laptop for email, news, and Facebook. Mike hopes to stay mentally active, meet new people with similar interests, and build a strong sense of community in his post-work life.

Goals

- Rebuild a sense of community and connection after retirement
- Find local social or volunteer groups with shared interests
- Maintain emotional well-being

Needs

- Accessible resources for managing stress, loneliness, or anxiety after retirement
- Opportunities to meet new people with shared interests and life experiences
- Clear event details organized through calendar integration (time, accessibility, cost, and contact info)

Pain Points

- Difficulty asking for help or feeling uncomfortable discussing mental health
- Loneliness or isolation due to reduced daily interaction and smaller social circles
- Loss of purpose or identity after leaving the workforce — feeling unsure how to fill time meaningfully



Denise Walker

Age:67

Location: Renton, WA

Occupation(Retired): Nurse

Background

Denise Walker is a 67-year-old retired nurse. While living with her daughter and grandchildren keeps her social and well, she wants to explore new hobbies and meet others of her age. She enjoys reading, cooking, and attending church on Sundays, but misses doing hobbies with people her own age. Denise is comfortable with online platforms and technology. She uses Facebook frequently and uses her iPad. Denise hopes to explore her local community and how the retired life is treating others.

Goals

- Find new friendships and support networks in retirement
- Stay mentally and emotionally healthy through community engagement

Needs

- Safe and welcoming online space to connect with other retirees in an authentic, supportive environment
- Resources for mental wellness such as self-care tips, group discussions, or guided activities

Pain Points

- Limited local connections: Many of her close friends have moved or are busy with family
- Talking about mental health feels uncomfortable in her age group and social circles
- Doesn't want to bring up mental health to her family