

life; making social support vital to prevent social frailty. The municipalities and universities have been hosting interventions, e.g. club activities, to make social connection but the effects remain unclear. In this study, the relationship between activity participation and the size of social support was explored to develop an effective method to increase social connections. A cross-sectional study was conducted in October 2018 and 200 questionnaires were distributed at a lunch event at the housing complex. The participants were solitary and independent seniors over the age of 70 (M:F=14.4:67.5). The frequency of going out to participate in club activity, see friends, and the geriatric social support scale were used for analysis. As a result, compared to seniors who went out to see their friends, the size of social support was smaller in groups that remained isolated (N = 161, odds ratio = 0.26, 95% CI=0.11-0.60). On the contrary, seniors who joined club activities had similar size of social support despite the frequency of participation. Clubs in Japan are often closed groups with limited membership, which may have restricted the addition of new social connection. Future intervention researches should focus on modifying the membership system of clubs and opening of a public space where seniors can casually access and talk to acquaintances.

#### AGE DIFFERENCES IN COGNITIVE PERSONAL NETWORKS

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Previous research has found a negative association between network size and age, suggesting that people experience greater isolation with advancing age. In this paper, we evaluate age differences in how individuals perceive their social worlds to be structured, rather than focusing solely on network size. A nationally represented sample of respondents (n=1,824) reported on their own ties to their close personal network members (i.e., ego-alter ties) as well as their perceptions of acquaintanceship between those members (i.e., alter-alter ties). We used social network analysis to assess how the structure of these relationships vary by respondent age. We find a positive association between respondent age and personal network size and a negative association between network members' ages and the number of ties respondents' perceive their members to have to each other. This effect significantly weakens as respondent age increases. Moreover, we find evidence of age-homophily, intergenerational contact spanning three generations in both ego-alter and alter-alter ties, and age differences in ego network composition. Our results suggest that the evolution of our social worlds across the life course shifts in terms of size and structure. While contemporary close personal networks may grow slightly with age, perceived social ties among one's network members become less cohesive and less diverse with age. We discuss these results in the context of recent findings that suggest aging uniformly insulates individuals from social contact from both structural and symbolic perspectives.

#### DOES MOVING LATER IN LIFE INFLUENCE IN-PERSON CONTACT WITH CHILDREN, FAMILY, AND FRIENDS?

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Relocation is common in later life and older adults differ the distance they move. One possible consequence of relocation is that in-person contact frequency with social network members changes. To date, relatively little is known about how older adults' in-person contact frequency with their children, family members, and friends is influenced by the distance they move and if this differs by age group (50-64, 65-74, 75+). To examine this, we used information from the Health and Retirement Study about geographic mobility and social network contact frequency. The sample was restricted to respondents over age 50 in the 2006 wave with data on contact frequency with children, family members, and friends in 2006 and 2014 (N=5159). Distance moved from 2006 to 2014 was categorized as: stayer, <5 miles, 5-49.9 miles, and ≥50 miles. Linear regressions with covariates controlled revealed that moving ≥50 miles was significantly associated with less frequent in-person contact with family members ( $\beta=-0.31$ , 95%CI [-0.46, -0.16],  $p\leq 0.001$ ) and friends ( $\beta=-0.32$ , 95%CI [-0.46, -0.18],  $p\leq 0.001$ ). Interestingly, the 50-64 group who moved ≥50 miles was less likely to meet up with their children ( $\beta=-0.36$ , 95%CI [-0.56, -0.15],  $p\leq 0.001$ ), family members ( $\beta=-0.31$ , 95%CI [-0.52, -0.11],  $p\leq 0.01$ ) and friends ( $\beta=-0.21$ , 95%CI [-0.39, -0.03],  $p\leq 0.05$ ). In contrast, the 75+ group who moved ≥50 miles were significantly less likely to have in-person frequency only with their friends ( $\beta=-0.58$ , 95%CI [-1.04, -0.14],  $p\leq 0.05$ ). These findings are discussed in relation to theories about social support and emotional well-being in old age.

#### SOCIAL AND EMOTIONAL LONELINESS AS PREDICTORS OF COGNITION IN LATER LIFE

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To explore the viability of a model illustrating the potential relationship between both social and emotional loneliness and both psychometric and everyday cognition in later life, 575 older adults (M = 73.49) completed measures of crystallized (Gc) and fluid (Gf) ability as well as indicators of self-rated participation in 84 everyday cognitive activities, self-rated stimulatory value of each activity, attitudinal predisposition toward an engaged lifestyle and everyday cognitive failures. Measures of social support, caregiving stress, needs for cognition and cognitive self-efficacy were treated as mediators of the loneliness-psychometric/everyday cognition relationship, controlling for age, gender, health, and education. Hierarchical regression analyses suggested that social loneliness predicted ( $p < .04$ ) Gc as mediated by social support, cognitive self-efficacy and need for cognition, whereas emotional loneliness similarly predicted ( $p < .04$ ) Gf. Parallel analyses indicated that social loneliness predicted ( $p < .04$ ) everyday cognitive failures and that both social and emotional loneliness predicted ( $p < .03$ ) engaged lifestyle attitudes. In each case, the overall model was statistically significant ( $p < .01$ ). For everyday cognitive activities and the stimulation values of such, neither type of loneliness was predictive, though lifestyle attitudes and lifestyle activity