

# Learn Something New This Summer

## Check out these tips to stay sharp



The importance of learning something new for older adults is linked to strengthening the mind and settling neurological diseases. Whether you are challenging yourself by using your non-dominant hand or learning a new language, trying new things or becoming knowledgeable in a new subject can have many benefits!

### 1. Make new friends

Oftentimes we can get stuck in a rut and live very routine, repetitive lifestyles. By learning something new, we can step out of our comfort zone and meet new people while practicing a new hobby. Bonding with people over the same topic can spark new relationships in your life and make you feel happier.

### 2. Improve memory

Learning a new skill has been proven to improve memory. A study done in 2013 let participants spend over 16 hours a week learning a new hobby or craft. One example was digital photography and within this group, participants experienced huge memory advancements.

### 3. Healthy mind, healthy body

Staying in touch with a healthy mind is connected to a healthy body. Since the mind and body are so connected, older adults are encouraged to continue to grow their minds like they are encouraged to go for daily walks. A daily walk for the mind could include word puzzles, listening to classical music or quilting. Try something new today!



### 4. Use free time wisely

Once an older adult retires, they typically do not know what to do with their free time. It may help to learn a new trade or hobby. Think of something you always wanted to learn but never had the time for. Now's your chance! Local senior centers offer classes such as cooking, sewing, fitness and languages.

### 5. Get out of your comfort zone

Trying new things can be scary, especially if they involve dusting off the cobwebs. If that is the case, start slow and take a buddy. Maybe test out a new art class with a friend or ask a loved one to show you a new hiking spot!



Call 540-486-2956 or visit: [www.thevillageatorchardridge.org](http://www.thevillageatorchardridge.org)

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