



**THE VILLAGE AT
ORCHARD RIDGE**

A National Lutheran Community

Unlock the Benefits of Learning

Learning something new is incredibly important for older adults as it not only strengthens the mind but also helps prevent neurological diseases. Whether you're trying out activities with your non-dominant hand or diving into a new language, embracing new experiences and gaining knowledge offers countless benefits.

1. Forge new connections:

Escape the monotony of routine and expand your social circle by embracing fresh hobbies. Stepping outside your comfort zone presents opportunities to meet like-minded individuals, fostering new friendships that enrich your life.



2. Enhance memory:

Engaging in learning activities has been shown to improve memory. A 2013 study revealed that dedicating over 16 hours a week to acquiring a new craft or hobby, such as digital photography, led to remarkable memory advancements.

3. Nurture mind and body:

Just as physical exercise benefits older adults, prioritizing mental well-being is equally vital. Take a "mind walk" each day through activities like solving puzzles, savoring classical music, or exploring quilting. Give your mind the exercise it deserves and enjoy a healthy mind-body connection.

4. Maximize free time:

As retirement approaches, many older adults struggle to fill their newfound free time. Seize the opportunity to learn a trade or pursue long-desired hobbies. Discover classes offered, ranging from cooking and sewing to fitness and languages.

5. Embrace the unfamiliar:

Stepping outside your comfort zone can be daunting, but taking gradual steps with a companion can ease the transition. Consider joining an art class with a friend or exploring new hiking trails. Embrace the thrill of the unknown and expand your horizons.

Call 540-486-2956 or visit: www.thevillageatorchardridge.org

The Village at Orchard Ridge is affiliated with National Lutheran Communities & Services, a faith-based, not-for-profit ministry of the Evangelical Lutheran Church in America, serving people of all beliefs

