



**THE VILLAGE AT  
ORCHARD RIDGE**

A National Lutheran Community

# Summer Activities That Spark Joy for Older Adults

Summer is the season of sunshine, fresh air and endless possibilities. At The Village at Orchard Ridge—A National Lutheran Community, we're devoted to helping you enjoy the freedom and fulfillment you deserve at every stage of life. That's why we've gathered a list of engaging summer activities perfect for older adults. Whether you're seeking gentle movement, creative projects or ways to immerse yourself in the community, you'll find something here to brighten your season.



## Enjoy swimming or try aquatic therapy

A dip in the pool is one of summer's greatest pleasures. Swimming offers a gentle full-body workout that improves cardiovascular health, muscle tone and flexibility, all while reducing strain on the joints. For those looking for targeted support, aquatic therapy classes can enhance mobility, boost circulation and build confidence in the water.

At The Village at Orchard Ridge, residents enjoy access to a heated indoor pool and spa — ideal for swimming laps, joining water aerobics or simply relaxing. Year-round aquatic programming helps residents stay active, ease arthritis symptoms and enjoy the benefits of low-impact exercise in a comfortable, welcoming environment.

## Planting and caring for your own garden

You don't have to travel far for summer adventure. Tending a garden encourages movement, mindfulness and creativity. Whether you maintain a small raised bed, brighten a balcony with flower pots or join a shared community garden, gardening is a gentle, rewarding way to stay active.

Benefits of gardening include:

- Reducing stress and boosting mood
- Supporting flexibility, strength and motor skills
- Increasing vitamin D through safe time spent outdoors
- Enjoying delicious home-grown fruits, vegetables and herbs

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

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At The Village at Orchard Ridge, residents enjoy beautiful green spaces, including the opportunity to tend personal gardens or take part in organized landscaping and gardening projects throughout the campus.

### **Fire up the grill**

There's nothing quite like the aroma of grilled food drifting across a summer lawn. Cooking outdoors with friends and neighbors fosters connection, fuels creativity and builds memories that linger long after the meal is over. Take inspiration from your own garden or a local farmer's market and experiment with easy, healthy recipes bursting with seasonal flavor.

### **Discover cultural gems and hidden treasures**

Not every summer day is perfect for outdoor activities, but there's still plenty to experience. Winchester, Virginia and the surrounding Shenandoah Valley are rich with cultural, culinary and historical destinations.

Residents of The Village at Orchard Ridge enjoy outings to local landmarks such as the Blandy Experimental Farm, Bright Box Theater, Shenandoah National Park and other regional gems.

Excursions boost mental stimulation, foster learning and create treasured shared experiences with peers and loved ones.

### **Take in the beauty of the outdoors**

Few things match the simple joy of a walk in the park or a gentle hike through verdant trails. Walking is a safe and effective way for older adults to strengthen muscles and bones, improve balance and support heart health. The changing scenery and fresh air provide the perfect balance of exercise and relaxation.

Favorite local destinations for our residents include The Museum of the Shenandoah Valley, with walking trails, gardens and picnic areas.

### **Community events and shared experiences**

Summer is also the season for group activities and festive gatherings. The Village at Orchard Ridge offers a vibrant calendar of events, including outdoor concerts, wellness classes, art workshops, resident socials and themed celebrations. Not only are these events enjoyable, but they also offer opportunities to build friendships, spark creativity and discover new passions.

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## Take the next step toward a fulfilling summer

Summer is a wonderful time to nurture your well-being, learn new skills and relish the pleasures of community living. Whether you're just starting to explore the possibilities or searching for a supportive environment that celebrates your independence, The Village at Orchard Ridge is here to help.

Our Life Plan Community offers endless opportunities to make this summer your most fulfilling yet. Connect with neighbors, discover new passions and set your own pace in a setting that values your comfort and growth.

**Contact us today at [540-486-2956](tel:540-486-2956) to discover how vibrant and rewarding this season of life can be and find your place in our thriving community.**



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