

Busy Days, Healthy Bodies: Staying Active as Older Adults

June 16, 2023



Breakfast, lunch and dinner with friends. Fitness and wellness classes. Day trips. Learning new hobbies and skills. Happy hours. Movie nights.

At Prestige Senior Living Five Rivers, that's a day in the life for many of our residents. It's not enough to just meet basic needs, we strive to create days filled with memorable events in a social setting.

Is it fun? Of course. But there are a variety of reasons why keeping a full social calendar is beneficial to older adults:

- Keeps The Body Active

While fitness classes play a big role in keeping older adults healthy, staying busy is a great complement to that work. From gardening to walking clubs to just moving around a community from one activity to another

helps keep muscles and bones strong, which helps prevent falling. It's also good for cardiovascular health, fending off illnesses and improving sleep.

- Keeps The Mind Active

Staying active can help maintain and even strengthen cognitive health. It can be particularly helpful when trying new activities, which challenge the brain. It's why at our community our events have such great variety – not only is there something for everyone, but also stimulates brain health.

- Good For Mental Health

Many older adults who live alone at home suffer from loneliness and isolation, which can be incredibly detrimental to mental health. By being in a community and joining with others in activities, it builds friendships. Furthermore, many older adults struggle to find meaning – keeping busy by engaging in old hobbies and discovering new ones can bring joy and purpose.

At Prestige Senior Living Five Rivers, our residents enjoy all of those benefits as our team creates memorable, fun occasions every day.

We Are Nacho Grandma's Nursing Home

Come experience the fun we have here as we host a fun fiesta on Wednesday, June 21 from 2 – 4 p.m.

We'll have food, music and fun, and you'll also be able to tour our community, meet our team and learn more about our programming.

For more information about our programming, our community or our current move-in special, call us at (503) 842-0918 or visit us online at prestigecare.com/FiveRivers.