

Ten Fun & Easy Ways for Seniors to Stay Sharp



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1. Get a Pet

Research shows that seniors who have a pet are more socially engaged, less agitated, less depressed, and generally healthier and more happy with their life.

2. Go Back to School

Learn another language or take a literature course. Many community colleges offer free online classes that make challenging your brain much more accessible and practical.

3. Go for Walks

Research suggests that even light physical activity like walking can improve aspects of cognitive function, like memory recognition.

4. Maintain a Healthy Diet

Keeping your body strong and your energy up allows you to actively explore the many possibilities of each day.

5. Play a Brain Stimulating Game

Playing a challenging game will activate multiple cognitive processes, which over time, adds to a healthier brain state.

6. Revisit the Memories

Activities like scrapbooking and connecting with friends and family through Facebook serve as constant reminders of past events.

7. Mentor Another Person

Mentoring another requires the application of earned wisdom to real world situations for the benefit of another.

8. Socialize with Friends & Family

Maintaining meaningful relationships provides you the opportunity to engage your loved ones about your recent activities and state of mind.

9. Get Involved in the Community

The benefits of meeting new people and reconnecting with others is often regarded as a better medicine than anything you'll find in a pharmacy.

10. Engage Your Spiritual Side

Meditation is now commonly used to treat mental health disorders, addiction, and everyday stress, as well as to heal physical ailments and promote better sleep.

