

Unlock the Benefits of Learning



THE VILLAGE AT
AUGSBURG
A National Lutheran Community

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.

Visit: www.thevillageataugsburg.org



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