

4 Good Reasons to Celebrate LIFE

At the Coventry Senior Center

- 1. Learning—Expand your knowledge**-It's never too late to learn a new skill, and the senior centers offer a wide range of stimulating educational activities to keep your mind sharp. Whether you're taking an art class, learning to dance, or taking a writing class there's no lack of opportunities to stay engaged and pursue your passions.
- 2. Independence—Live on your terms**-By joining a senior center, you'll be connected to programs and people that can give you tools to choose your own life course. You'll find programs focused on remaining healthy, economically secure, and aging positively, as well as giving back to the community. You'll meet resilient older seniors who have "been there, done that" as they share life skills. Senior centers also offer a way to conveniently access public services, benefits counseling, employment assistance, and more.
- 3. Friends—Enjoy life**-Did you know that senior center participants have higher levels of social interaction and life satisfaction than their peers? Having great friends is one of life's most wonderful rewards, and senior centers can be a perfect place to meet new people in your neighborhood. Today, nearly 11,000 senior centers serve 1 million older adults aged 50+ every day.

4. ENERGY-Discover health and vitality-Keeping your mind and body active not only improves the way you feel—it also prevents many health problems that come with age. Senior centers have expanded their health and fitness offerings in recent years, holding traditional group classes like **Arthritis Exercise class, Yoga and Zumba** as well as evidence based health programs that have been scientifically proven to make people healthier.

(Examples: Diabetes Prevention Program, Living Well RI and A Matter of Balance).

Now is the time to celebrate LIFE by taking full advantage of everything the Coventry Senior Center has to offer!

Check out our monthly newsletter and lunch menu or visit us on the web at www.coventrydhs.org.

Taken from the National Council on Aging (NCOA)/personalized for Coventry Senior Center/pfleming

