

Five Benefits of Social Interactions for Seniors

Throughout our lives we have many opportunities to build and maintain relationships. Some of these relationships grow and mature with us, while others fall away due to ever-changing life circumstances. As you age, it can be harder to keep in touch with friends and family due to the fact that maybe you've moved away from each other and can't come around as often, or perhaps you aren't as active as you once were. However, maintaining relationships becomes even more vital as you grow older, as many seniors find themselves falling into isolation and loneliness, which can lead to health issues such as depression, heart disease, and even dementia. Although circumstances and relationships change, it is important that social activities remain a priority in your life. Social activity and relationship building has immense benefits for your mental, physical and emotional health.

The Benefits of an Active Social Life

Seniors who make a conscious effort to stay socially active and engaged in relationships are known to enjoy multiple health advantages. Studies have shown socially active seniors have these five things in common:

1. **Increased physical health.** Seniors who engage in relationships tend to be more active, improving their physical health through their social activities. Additionally, they are also more motivated to maintain physical health to keep up with their peers.
2. **Boosted immune system.** Studies show socially active seniors have increased immune systems, allowing them to fight off colds, flu and other ailments, more easily. They also tend to have better eating habits, as social gatherings tend to incorporate food and meals. Eating with others usually leads to choosing healthier options, as well.
3. **More positive outlook on life.** Staying connected with others makes us feel more connected to the world and increases our sense of belonging. Seniors who engage in creating intentional connections with others improve their mood and overall outlook on life.
4. **Improved mental sharpness.** Keeping our brains active and engaged can sharpen our minds and reduce the risk of cognitive decline. Seniors who enjoy conversations and friendly debates with peers keep their minds and

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memories active and engaged, too.

5. Longer, happier lives. By keeping an active social calendar, seniors can increase their lifespan and longevity. They benefit from having a support system of peers who understand what they are going through. These commonalities allow for deeper, and potentially more fulfilling connections.

Social Activities for Seniors

Explore your community and find new opportunities for connecting with others. Make a conscious effort to remain socially active by participating in one or more of these activities:

Volunteer: Volunteering is an easy way to connect with your community. Find a cause you are interested in supporting and ask how you can help. Volunteer opportunities come in many forms, from administrative work to event help. Use your honed skills and talents to support a cause you believe in.

Join a club: Clubs bring together people from all walks of life who have similar interests. Meet new friends by joining a club that aligns with your interests. Whether gardening, reading or fitness, you're sure to find a club that suits you. You'll have fun engaging with others who enjoy your passions, too.

Take a class: Many neighborhoods offer courses through their community centers. Classes can range from art and cooking to fitness and dancing. Find a class that caters to your interests and sign up. Not only will you learn something new, you are bound to make new friends along the way!

Build Lasting Relationships at The Oaks at Denville

Making a conscious effort to remain socially active as you age can be difficult. Living in a [continuing care retirement community](#) like The Oaks at Denville makes it easy to connect and engage with your peers, forming

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lasting relationships as you age. With a variety of life-enriching [activities](#) and [amenities](#) to meet your needs, there's always something to do to keep you active. Enjoy a trip, join a class, improve your fitness or volunteer your time, all while growing new, engaging relationships.

Ready to learn more about the lifestyle and living options available at The Oaks? [Contact us](#) today to set up your personal tour.