

Fun activities for your golden years
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When looking for fun activities there is no need to overthink trying to reinvent the wheel. Think thoroughly about the things you love or have always dreamed of doing, this gives you a good starting point for finding the best activities to suit your lifestyle.

If you love the outdoors with the fresh air and sun on your face, there are endless activities at your disposal. Ones that take you back to nature, such as fishing, gardening, and hiking are enjoyable at any age – even bird watching if given the chance! Letterboxing is an activity that combines hiking and treasure hunting and is good for sharpening both the mind and body, while there are other more traditional routes like Tai Chi, yoga, water aerobics, and walking. Photography and gardening are also great ways of engaging in the outdoors while sharpening a skill and developing a hobby that may have been pushed aside before.

If you're looking for more down time or a way to pass rainy days, there are a few options to keep you sharp. For the more creative types, scrapbooking, journaling, and jewelry making are ways to discover hidden talents while developing skill sets. For the more social, there are dance and Zumba classes, or you can gather a group of friends and meet on a regular basis for meals and good conversation – a breakfast, lunch, or dinner club.

If you're an active resident of a nursing home or assisted living facility, you can organize a book club or have tea parties. There are also options for concert nights by inviting local choirs to perform or passing around the microphone for some karaoke! Pottery and working with clay are great options for providing the hands with exercise, as well as a stimulating sensory experience.

Volunteering is a way of staying active while helping others. There are thousands of civic organizations and charities who need people to help, simply because there aren't enough hands. They need people, like you, who have valued experience and time to help make changes happen.

Lastly, travel while you are still able. If you're traveling as a single, there are groups that organize trips ideal for seniors and if you're traveling as a couple, you can try something different, such as staying at a bed and breakfast.

It's important to continue to do the things you love and not to be afraid to explore new avenues. It's important to maintain the body, mind and spirit because a full life demands all three. Whether you're choosing an activity that's challenging you physically or mentally, this is the time to celebrate your life.