

Don't Miss Out on the Winter Fun

View our tips for staying active and engaged, even during the cold.



A National Lutheran Community

As the weather gets colder and days get shorter, it can feel harder and harder to get out of the house and stay social. There are numerous benefits to staying active during the winter months, including reducing anxiety, boosting your mood and improving sleep. Check out these five ways older adults can stay active, and have fun, this winter.



Remember: If you go outside in the cold, make sure all extremities are covered up and protected. Don't forget your hats, gloves, jackets and maybe even some hand warmers!

1. Bundle up and venture outside

Getting some fresh air and exercise can do wonders for your mental health, and can help improve circulation and lower blood pressure as well. Get outside for a brisk walk, or even throw a few snowballs!

2. Visit a winter wonderland

Local nature attractions, like Brookside Gardens or Great Falls Park, can be especially beautiful in the wintertime. Pack some hot cocoa and make it a family trip to take in the views.

3. Warm up with a fire

Set up a bonfire outside, or make use of that fireplace, with your friends and family. Bring on the s'mores!

4. Organize and clean

Clean out that junk drawer in your house or organize your closets! Winter is the perfect time to give your house a deep cleaning when it's too cold to go outside.

5. Get in the holiday spirit

It's the most wonderful time of the year! Putting on some holiday music, watching a seasonal movie or driving around the neighborhood to look at the lights are all easy ways to raise your spirits without getting cold.



Call 301-355-2801 or visit: www.thevillageatrockville.org

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