

# Summer Activities That Spark Joy for Older Adults



Summer is the season of sunshine, fresh air and endless possibilities. At The Village at Rockville—A National Lutheran Community, we're devoted to helping you enjoy the freedom and fulfillment you deserve at every stage of life. That's why we've gathered a list of engaging summer activities perfect for older adults. Whether you're seeking gentle movement, creative projects or ways to immerse yourself in the community, you'll find something here to brighten your season.



## Enjoy swimming or try aquatic therapy

A dip in the pool is one of summer's greatest pleasures. Swimming offers a gentle full-body workout that improves cardiovascular health, muscle tone and flexibility, all while reducing strain on the joints. For those looking for targeted support, aquatic therapy classes can enhance mobility, boost circulation and build confidence in the water.

At The Village at Rockville, our indoor aquatics center features a lap pool, spa and year-round water aerobics classes. Residents can swim laps for fitness, relax in a warm whirlpool or join neighborly group classes designed for all abilities. Water therapy has proven benefits for older adults, helping to ease arthritis symptoms and support an active lifestyle no matter the weather.

## Planting and caring for your own garden

You don't have to travel far for summer adventure. Tending a garden encourages movement, mindfulness and creativity. Whether you maintain a small raised bed, brighten a balcony with flower pots or join a shared community garden, gardening is a gentle, rewarding way to stay active.

Benefits of gardening include:

- Reducing stress and boosting mood
- Supporting flexibility, strength and motor skills
- Increasing vitamin D through safe time spent outdoors
- Enjoying delicious home-grown fruits, vegetables and herbs

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Call 301-355-2801 or visit: [www.thevillageatrockville.org](http://www.thevillageatrockville.org)

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Life plan communities like The Village at Rockville often offer designated gardening spaces and expert guidance to help you plant, nurture and savor the fruits (or flowers) of your labor.

### **Fire up the grill**

There's nothing quite like the aroma of grilled food drifting across a summer lawn. Cooking outdoors with friends and neighbors fosters connection, fuels creativity and builds memories that linger long after the meal is over. Take inspiration from your own garden or a local farmer's market and experiment with easy, healthy recipes bursting with seasonal flavor.

### **Discover cultural gems and hidden treasures**

Not every summer day is perfect for outdoor activities but there's still plenty to experience. Museums, theaters, shops and local landmarks provide enriching escapes that are air-conditioned and accessible.

For example, residents of The Village at Rockville enjoy outings to renowned venues such as Strathmore and the F. Scott Fitzgerald Theatre or visiting Rockville's variety of boutiques and dining options. Proximity to Washington, D.C. means new cultural or culinary experiences are always just a short trip away.

Excursions boost mental stimulation, foster learning and create treasured shared experiences with peers and loved ones.

### **Take in the beauty of the outdoors**

Few things match the simple joy of a walk in the park or a gentle hike through verdant trails. Walking is a safe and effective way for older adults to strengthen muscles and bones, improve balance and support heart health. The changing scenery and fresh air provide the perfect balance of exercise and relaxation.

Favorite local destinations for our community include:

- Rock Creek Regional Park with its tranquil trails and wildlife
- Brookside Gardens bursting with colorful blooms
- Croydon Creek Nature Center, a peaceful retreat for nature lovers

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## Community events and shared experiences

Summer is also the season for group activities and festive gatherings. Many life plan communities feature outdoor concerts, movie nights under the stars, art workshops and wellness classes tailored for older adults. Not only are these events enjoyable but they also offer opportunities to build friendships, spark creativity and discover new passions.

## Take the next step toward a fulfilling summer

Summer is a wonderful time to nurture your well-being, learn new skills and relish the pleasures of community living. Whether you're just starting to explore the possibilities or searching for a supportive environment that celebrates your independence, The Village at Rockville is here to help.

Our Life Plan Community offers endless opportunities to make this summer your most fulfilling yet. Connect with neighbors, discover new passions and set your own pace in a setting that values your comfort and growth.

**Contact us today at [301-355-2801](tel:301-355-2801) to discover how vibrant and rewarding this season of life can be and find your place in our thriving community.**



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