

HAPPY BIRTHDAY

- 6/1 Darlene Wilkes
- 6/3 Bob McAlhany
- 6/4 Dave Bonnot
- 6/7 Susan Russ
- 6/14 Paul Napoli
- 6/17 Donna Fairchild
- 6/25 Bill Scott
- 6/26 George Fletcher
- 6/26 Cecile Waters
- 6/27 Diane Mazzara
- 6/27 Walt Celusta



PROGRAMS AT AVENIDA RSVP REQUIRED

PHYSICAL & FUNCTIONAL FITNESS CLASSES

CHAIR YOGA: Monday, Wednesday, & Friday at 1:30 PM and 2:30 PM

BALANCE & STABILITY: Tuesday & Thursday at 10:30 AM

LINE DANCING: Friday June 12th & 26th at 10:30 AM

CARDIO FIT: Saturday at 10:30 AM

LIFE ACTIVITY CLASSES

OIL PAINTING: Wednesday June 3rd & 17th at 10:00 AM

ACRYLIC PAINTING: Monday's at 10:00 AM

MINDFUL MEDITATION: Tuesday at 2:00 PM

COGNITIVE EFFICACY CLASSES

TRIVIA: Wednesday June 3rd, 10th, & 17th at 2:30 PM & 4:00 PM

ROLLER COASTER RIDE THROUGH

HISTORY: Every Friday at 11:00 AM

SOCIAL PROGRAMMING

MATINEE MOVIE: Wednesday & Thursday at 2:00 PM

CORN HOLE: Wednesday's at 4:00 PM

WEBSITES FOR ONLINE PROGRAMMING

A BRIEF HISTORY OF COMMUNICATION:

Monday at 6:00.

Go to shorturl.at/fjFHO to access this course.

DUOLINGO FOR SPANISH: Tuesday at 1:00.

Go to shorturl.at/ktRZ6 to access this course.

GRIEF SUPPORT 101: Tuesday at 6:00.

Go to shorturl.at/bfhrQ to register and participate in this class.

FINANCIAL MARKETS CONTEXT COURSE:

Wednesday, June 3rd & 10th at 10:00.

Go to shorturl.at/vEMRY to access this course.

DRAWING: Thursday at 11:00.

Go to shorturl.at/DLU29 to access this course.

BIBLE STUDY: Thursday at 6:00.

Go to shorturl.at/iyAV8 to join this group.

Meeting ID: 191681673 Password: 456140

DUOLINGO FOR FRENCH: Saturday at 10:30.

Go to shorturl.at/flADJ to access this course.



WELCOME TO YOUR AVENIDA LIFE

AvenidaCoolSprings.com | (615) 599 - 3000 | June 2020
222 Mallory Station Rd. | Franklin TN | 37067

Pursuing A Healthier Mind Through Diet, Exercise, and Activities

June is Seniors' Month: a time to recognize and thank the older members of our communities who have shaped the past and continue to influence the future. It is also a time to reflect on the challenges and opportunities we face in our senior years, including maintaining brain health. Based on numerous scientific studies, we have learned that there is a clear connection between a healthy mind and being active.

Lifestyle changes can have a dramatic and positive effect on brain health and overall health. The loss of concentration, clear thinking, and recall of facts is an all too common problem for older Americans. This is called mild cognitive impairment (MCI), which is a slight but noticeable decline in cognitive abilities.

While a significant percentage of older Americans will experience some level of MCI, exercise and activity can help to lessen its effects. A study published in the journal *Neurology* shows that a group of older adults with MCI saw substantial improvements in recall and thinking skills after six months of aerobic exercise and modified diet.

Let's look at some ways to pursue a healthy mind through diet, exercise, and activities.

Exercise and Proper Diet for a Healthier Older Mind

According to the U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, less than 40% of adults 65 and older engage in the federal guideline of at least 150 minutes of physical activity per week; further, 20% do not even engage in any type of formal exercise.

Walking is a wonderful start, so aim to move about for thirty minutes on most days. You can also engage in safe activities designed to improve balance and reduce falls. It's also a good idea to diversify by engaging in aerobic exercises designed for older Americans with clearance from your physician. Besides supporting improved cognitive and brain function, exercise improves strength, energy, balance, mood, motor function (your level of control over your movements), and sensory function (your level of response to touch sensation).

A healthy diet goes hand-in-hand with a healthy mind and body by reducing the risk of many chronic diseases, such as heart disease or

diabetes, while also supporting brain health. While proper exercise and diet set the stage for a healthier older mind, incorporating them into activities can be the best way to get the most benefit while you increase your enjoyment of life.

Engaging in Activities That Strengthen the Mind

Many people have expressed the same fears about growing older: loneliness, boredom, and mental decline. But aging can be a positive and fulfilling stage of life filled with fun activities that keep you mentally sharp and in a great mood.

People who engage in meaningful activities, like volunteering or hobbies, say they feel happier and healthier. Learning new skills, engaging in activities like book club participation, and taking classes in something that interest you all involve physical activity and can keep your mind active.

It is the desire of everyone to have a sound and healthy mind as they age. Applying the practices discussed here can set you on the right track to a healthier older mind and happier outlook in what can be a great stage of life.



