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FALL 2025

- LEGACY
- SENIOR SPORTS
- MOOD & MEMORY
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11:30 a.m.	Core Strength (11:10) Cara	 STRENGTH TRAINING Dylan 101	 Melissa	 STRENGTH TRAINING Dylan 101	 Rebounding Melissa
4:15 p.m.		 Peg	 Peg		Starting October 18th Saturday  (9:30 a.m.) Cara
5:30 p.m.	 Stephanie	Total Strength Samantha	 Melissa	Total Strength Samantha	
6:00 p.m. 6:30 p.m.		 Kettlebells (6:00) Melissa	 Kickboxing (6:30) Ryan		

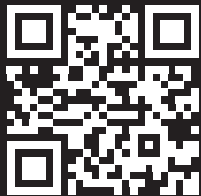




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BOOMERS

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CREATING A LEGACY

As people grow older, many begin to reflect on the experiences that shaped them — the lessons learned, the challenges overcome and the moments that defined their lives.

Capturing those memories and passing them on is one of the most meaningful ways to leave a legacy.

From writing memoirs to documenting family history, seniors have the unique opportunity to ensure that their stories, values and voices are preserved for future generations.

PUTTING MEMORIES INTO WORDS

Writing a memoir doesn't require a background in writing, just a willingness to share. Seniors often begin by jotting down important memories or responding to prompts such as "What was your childhood like?" or "What advice would you give your younger self?"

Memoirs can take many forms, from handwritten journals to typed stories or even video recordings. Some people focus on major life events, while others highlight everyday moments that reveal who they are. Writing groups, senior centers and local



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libraries often offer memoir-writing workshops that provide structure and support.

Even short reflections can be powerful gifts to children, grandchildren and future family members seeking to understand their roots.

PRESERVING FAMILY HISTORY

In addition to personal stories, many seniors take time to research and record family history. This might include building a family tree, organizing old photographs or collecting oral histories from relatives.

Digital tools make it easier than ever to document and share this

information. Websites like Ancestry and FamilySearch offer ways to explore lineage, while apps like StoryCorps and MemoryWell help record and archive stories in meaningful ways.

Family reunions, holidays or casual conversations can also be great opportunities to ask questions and gather memories from siblings, cousins or lifelong friends. Labeling photos, writing down names and recording anecdotes ensures that treasured moments aren't lost to time.

PASSING DOWN WISDOM

Beyond facts and stories, a legacy includes the values and wis-

dom seniors want to leave behind. This could be done through letters, recorded messages or simply teaching younger generations how to cook a favorite recipe, fix something around the house or handle life's setbacks.

Some seniors create legacy letters — personal messages that capture hopes, blessings and life lessons intended for loved ones to read after they're gone. Others craft memory boxes filled with keepsakes and written notes that tell the stories behind each item.

However it's shared, the act of creating a legacy can bring clarity, purpose and joy. It's a chance to reflect, connect and offer a piece of yourself to the future.

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SENIOR SPORTS GAIN POPULARITY

Staying active supports physical and mental well-being. For many older adults, sports offer exercise, social connection, structure and fun.



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From low-impact options like golf and pickleball to more fast-paced games such as tennis or even swimming relays, seniors across the country are finding ways to keep moving and stay competitive or simply enjoy the camaraderie of a shared activity.

PICKLEBALL LEADS THE PACK

No sport has seen a greater surge in senior participation than pickleball. Often described as a mix of tennis, badminton and Ping-Pong, the game is easy to learn, low impact and highly social. Courts are popping up in parks, recreation centers and retirement communities across

the country.

Pickleball appeals to older adults because it provides a good cardiovascular workout without putting too much stress on the joints. It's also flexible; seniors can play singles or doubles, indoors or out and adjust the pace based on ability.

Golf remains another favorite. It offers gentle exercise, time outdoors and a social outlet. Many golf courses offer senior leagues or discounted tee times, making it an accessible sport for retirees looking to stay active.

EXPANDING THE PLAYBOOK

While pickleball and golf may top the list, they're far from the

only options. Walking soccer, also known as "slow soccer," is gaining traction among those who miss the game but want to avoid running and sharp turns. Bowling continues to be popular, especially in communities with accessible lanes and senior leagues.

Swimming is another excellent choice for older adults, offering a full-body workout with virtually no joint strain. Many community pools offer aqua aerobics or lap swim times geared specifically toward seniors.

Other options include bocce, shuffleboard, tai chi and even senior softball. Some seniors take up dance-based fitness classes or martial arts that focus on balance, coordination and flexibility.

BENEFITS BEYOND THE PHYSICAL

Playing sports in retirement isn't just about staying in shape. Many seniors report improved mood, better sleep and sharper mental focus when they regularly engage in physical activity. Sports can help foster friendships, combat isolation and give participants something to look forward to each week.

For those unsure where to start, local senior centers, YMCAs, and parks and rec departments are excellent places to explore programs and try something new. Whether it's a competitive match or a casual game with friends, staying in the game helps seniors lead healthier, happier lives.

MUSIC BOOSTS MOOD, MEMORY



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Whether it's tapping a toe to a favorite old tune or quietly humming along to a lullaby, music has a unique ability to reach parts of the brain that words sometimes can't.

For seniors, especially those facing cognitive or emotional challenges, music therapy is becoming an increasingly popular and effective tool for healing and connection.

Rooted in decades of research, music therapy uses rhythm, melody and lyrics to engage the mind and body. Certified music therapists tailor sessions to meet the needs of individuals or groups, helping older adults unlock memories, improve focus and experience joy.

A PATHWAY TO MEMORY

For seniors with dementia or Alzheimer's disease, music can act as a bridge to the past. Familiar songs often trigger long-term memories, even when short-term recall has faded. A few bars of a beloved tune can bring smiles, spark conversations or even lead to spontaneous dancing.

Music therapy sessions may include singing, listening, clapping, playing simple

instruments or discussing lyrics. These activities activate different parts of the brain and encourage participation, even among those who are typically withdrawn.

Research shows that music therapy can improve mood, reduce agitation and enhance communication in people with memory loss. In some cases, it helps lessen the need for medication to manage anxiety or depression.

LIFTING SPIRITS AND BUILDING CONNECTION

Beyond its cognitive benefits, music is a powerful emotional outlet. Seniors dealing with grief, chronic illness or isolation often find comfort in expressing themselves through music. Group sessions offer social opportunities, helping to build connection and reduce loneliness.

Music therapy is not limited to those with memory loss. It's used to support recovery after strokes, improve speech and coordination, and help manage pain or physical ten-

sion. Even brief exposure to music can lower blood pressure and release endorphins, the body's natural feel-good chemicals.

ACCESSIBLE AND ENJOYABLE

No musical background is needed to benefit from music therapy. Sessions are tailored to individual interests and abilities. Whether it's a solo moment with headphones or an interactive group class, music offers a gentle, joyful way to engage the senses and improve quality of life.

Senior centers, assisted living facilities and memory care programs increasingly offer music therapy as part of their regular activities. Some communities partner with local musicians or music therapy providers to create personalized playlists for residents.

Music speaks to something universal. For seniors navigating the challenges of aging, it offers not just a soundtrack to life, but a lifeline to joy, connection and hope.

EXPLORING SENIOR CO-HOUSING

More older adults are seeking alternatives to traditional retirement homes or aging alone.

A growing number are exploring senior co-housing, an intentional community model that emphasizes shared spaces, mutual support and aging with dignity.

Senior co-housing communities typically consist of private homes clustered around shared amenities such as a common house, gardens, kitchens or recreational areas. Residents participate in decision-making, contribute to upkeep and often share meals or social activities, fostering a deep sense of belonging.

According to SeniorLiving.org, most senior co-housing communities have 20-40 single-family or attached homes arranged so everyone shares lawn space and walkways. The activities are designed to appeal to senior citizens. Also, it is typically an arrangement designed for “active” seniors and are less designed for those with mobility or dementia issues.

A RESPONSE TO ISOLATION

One of the main draws of co-housing is the opportunity to fight social isolation. Studies have shown loneliness can have serious health consequences for older adults, including increased risk of heart disease, depression and cognitive decline. Senior co-housing



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offers regular interaction with neighbors who often become close friends, while still maintaining personal space.

Unlike assisted living, these communities are not designed to provide medical care or personal assistance, but neighbors often look out for one another. Some co-housing models include informal care arrangements or bring in outside help as needed.

DESIGNED FOR AGING IN PLACE

Many senior co-housing communities are built with aging in place in mind. Homes may feature universal design principles like no-step entries, wide doorways and walk-in showers. The shared nature of the community can make it easier to adapt to chang-

ing physical or emotional needs without having to move.

The model is flexible. Some co-housing groups are formed by friends who build a small cluster of homes or convert a property together. Others join pre-existing communities with a mix of ages or those exclusively for older adults. In either case, the goal is to foster an environment where seniors feel valued, connected and in control of their lives.

In most cases, the community is managed by the people who live there, not a for-profit management company. This makes it more affordable and gives the seniors who live there even more reasons to connect and build social relationships as they work together to manage the community.

MORE THAN JUST A TREND

While still relatively rare in the United States, senior co-housing has gained traction in recent years. According to the Cohousing Association of the United States, more than a dozen senior-specific communities are already open, with many more in development. As the baby boomer generation and Gen X continue to age, demand for alternatives like this is likely to grow.

Senior co-housing isn't for everyone. It requires a willingness to share, communicate openly and participate in community decisions. But for those seeking companionship, autonomy and a greater sense of purpose, co-housing can be a powerful answer to the question of how to live well in later years.

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Make the Most of **SENIOR DISCOUNTS**

Getting older comes with its challenges, but it also brings some unexpected perks, including access to a wide range of senior discounts.

From travel deals to restaurant specials and retail savings, older adults can stretch their budgets further by knowing where and how to ask.

While many businesses offer senior pricing, it's not always advertised. A little curiosity and the willingness to ask can lead to big savings over time.

TRAVEL FOR LESS

Travel is one of the biggest areas where seniors can save. Major airlines, including Delta and Southwest, occasionally offer senior fares, though travelers often need to call directly to access them. Amtrak provides a 10% discount for passengers age 65 and older, and Greyhound offers a similar deal for those 62 and up.

Many hotel chains, including Marriott, Best Western and Hilton, offer reduced rates for seniors, sometimes through AARP membership, other times simply based on age. National parks offer an excellent value: a lifetime senior pass for just \$80 grants entry to more than 2,000 federal recreation sites.

For those who enjoy cruises, both major lines and travel agencies sometimes offer senior-exclusive promotions or packages. Planning ahead and comparing deals can help maximize savings.



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DINING AND SHOPPING SMARTS

Plenty of restaurants and fast-food chains offer senior menus or discounts, often on specific days of the week. Chains like Denny's, IHOP and Applebee's frequently offer 10-15% off for seniors, while local diners may provide early bird specials or senior combos.

Retailers like Kohl's, Walgreens and Ross Dress for Less offer weekly senior days with discounts ranging from 10-20%. Some grocery stores have designated senior days or offer loyalty programs with targeted deals.

Pharmacies may offer additional savings on prescriptions, especially when paired with Medicare plans or discount programs like

GoodRx. Asking about price-matching or generic alternatives can further reduce costs.

KNOW BEFORE YOU GO

The key to making the most of senior discounts is doing a little research. Websites such as AARP, The Senior List and local senior resource centers often publish updated discount guides. Some discounts begin as early as age 50, while others start at 55, 60 or 65.

Carrying an ID and being willing to ask can open doors to savings. Many places won't apply a discount unless it's requested.

With a bit of planning and awareness, senior discounts can make everyday activities more affordable and enjoyable without sacrificing quality or experience.

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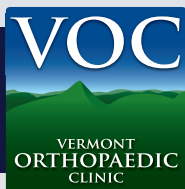
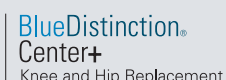
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SMART HOME TECHNOLOGY

Today's smart home tools are designed to make life easier. For older adults, smart home devices offer added

From voice assistants that answer questions to sensors that detect falls or turn off lights automatically, smart technology is helping seniors stay independent longer and feel more secure at home.

VOICE ASSISTANTS AND DAILY CONVENIENCE

Smart speakers like Amazon Echo or Google Nest use voice assistants to respond to spoken commands. Seniors can ask for the weather, play music, set reminders or even hear a daily joke without needing to press a button.

These assistants can control other smart devices in the home. With a simple command, users can adjust the thermostat, turn lights on or off, lock doors or check who's at the front door with a video doorbell. For seniors with limited mobility, these hands-free features can be life-changing.

Smart plugs and timers can automate appliances, turning on a coffee maker in the morning or shutting off the TV at night. Many systems can be controlled remotely by family members who help with caregiving.

IMPROVED SAFETY AND PEACE OF MIND

Smart home technology enhances safety. Motion sensors can detect unusual activity or a lack of movement, triggering alerts to caregivers or family. Fall detection systems can send emergency notifications without requiring the user to push a button.

Smart smoke and carbon monoxide detectors notify users and emergency contacts via smartphone alerts, even when no one is home. Video doorbells and security cameras let seniors see who's at the door before answering, adding another layer of protection.

Medication dispensers with built-in reminders and alerts help ensure pills are taken on time. Many seniors find that these devices reduce anxiety and increase confidence in managing daily tasks.

GETTING STARTED DOESN'T HAVE TO BE COMPLICATED

While it may seem intimidating at first, setting up a smart home can start small. A single voice assistant or smart plug can open the door to greater independence and comfort. Many devices are affordable and can be installed without professional help, though tech-savvy friends or family members are often happy to assist.

Local senior centers or libraries sometimes offer workshops on using smart home tech. For those with caregivers or loved ones helping from a distance, these tools also make it easier to check in and provide support.

With the right setup, smart home technology can turn a regular home into a safer, more supportive space, allowing seniors to age in place with dignity and ease.



MANAGING HEARING LOSS

Hearing loss is one of the most common health concerns for older adults, yet many people wait years before seeking help.

Left unaddressed, it can lead to social isolation, depression and cognitive decline. The good news: there are more options than ever for managing hearing loss and staying engaged with the world.

Whether it's hearing aids, assistive technology or simple communication strategies, seniors have tools available to help them stay connected to loved ones, conversations and everyday life.

HEARING AIDS: SMARTER AND SMALLER

Today's hearing aids are a far cry from the bulky devices of the past. Modern models are smaller, more comfortable and packed with smart technology. Some connect directly to smartphones or TVs via Bluetooth, while others automatically adjust to different environments to reduce background noise.

According to a 2023 study, nearly 29% of older adults use hearing aids but 65% of adults 71 and older have hearing loss. This means many people don't use them even though they might benefit from them.

In addition to perceived stigma, this can also be related to socioeconomic status, race and access to resources. Other people struggle to use the technology.

Over-the-counter hearing aids, approved by the FDA in 2022, have made it easier and more affordable for people with mild to moderate hearing loss to get help without a prescription.

However, audiologists still recommend getting a hearing test and professional guidance, especially for more complex cases.

Battery life, rechargeability and fit are



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important factors to consider when choosing a device. Most models are nearly invisible and can be customized to different levels of hearing loss.

Communication Strategies That Help

Hearing aids aren't the only solution. Simple communication adjustments can go a long way toward improving conversations. Facing someone directly, speaking clearly without shouting and reducing background noise all help make speech more understandable.

For those with more significant hearing loss, captioned phones, vibrating alarm clocks and speech-to-text apps can make daily life easier. Loop systems, which transmit sound directly to hearing aids in public places like theaters and churches, are increasingly available in senior-friendly venues.

Lip reading, sign language and written

communication may also be helpful in certain situations. The key is finding what works best for each person's lifestyle and level of hearing loss.

BREAKING THE STIGMA

One of the biggest barriers to addressing hearing loss is the fear of stigma. Many older adults worry that using hearing aids will make them appear old or frail. But the reality is that untreated hearing loss often draws more attention than discreet, effective hearing devices.

By addressing hearing loss early and exploring available tools and support systems, seniors can maintain independence, protect their mental health and continue participating fully in the conversations that matter most.

