

# ELDER LAW REVIEW

May 2017

## Summer Activities for Seniors

Spending time outdoors is good for all ages, but especially beneficial if you are a senior citizen. Make getting outside one of your goals for the summer, spending less time in front of the television or computer. Just making the trip to attend an indoor function can have some of the same health benefits! Here are a few ideas to kick-start your summer adventures:

**Fishing Excursions** – this can be a “just-for-fun” catch and release fishing activity. For those who always enjoyed the sport in earlier years, you can cast a rod from a fishing pier or along a riverbank or pond. Some sportsman clubs have ponds to fish. Pack a picnic lunch and enjoy the day sitting in the nature.

**Art Walk / Gallery Openings** – local businesses sponsor summer art walks and other gatherings. Stroll downtown to see what local artists offer. To see what your community offers, get in touch with your local community events planner or look for a community events calendar.

**Bird Watching** – with a small investment in a bird feeder and/or birdbath, many hours of bird watching can be enjoyed. Keeping the feeder full and water in the birdbath are daily activities to keep you busy. This can be a more in-depth activity by borrowing books from your local library and identifying the various birds that will visit. A pair of binoculars enables you to bird watch beyond your own backyard and could help with vision issues.

**Be a Tourist in Your Home Town** – check for local summer activities and take a day to reacquaint yourself with your surroundings and nearby attractions. You may even want to start strolling around your neighborhood. If you feel a walk would be good for you, start out with just a couple of minutes and increase by a minute or two each day, building strength with each step and enjoying the sites.

**Check out Bookstore Activities** – bookstores, especially large chains, usually have activities year round – or maybe you just want to sit in the café area and read a good book.

**Set up Some Simple Yard Games** – and invite friends – some old time favorites are the beanbag toss, horseshoes, croquet, shuffleboard, and bocce.

**Offer your Skills** – many seniors have skills that others would enjoy learning. You can reach out to your local library or community center to offer your skill for a class in fly-fishing knots, teaching knitting, or how to bake the perfect apple pie.

**Metal Detecting** – people love to take their metal detectors to beaches, parks, and other public places. Many artifacts are found and donated to local museums and libraries. If this is something you really enjoy, there are special trips for metal detecting excursions all over the country and world. You never know what you might find!

Whatever you decide to do, whether it is indoors or outdoors, will be mentally and physically uplifting. Keep moving, keep learning, keep challenging your brain, and keep engaging your senses. Take time to smell the roses and enjoy your summer!

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