

[Silver Key](#) is proud to serve thousands of seniors in the Pikes Peak region by offering a variety of services for area seniors to maintain their independence, safety and quality of life. Connect with us today for more information! 719-884-2300



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Senior Living Helps Aging Adults Stay Active, Social

Now that people are back to work and cities are getting back to normal post-pandemic, there may be some uncertainty about returning to the way things were. Remember that it's essential for seniors to stay active and to socialize. If you've ever thought about moving to a senior living community, the residents are taking advantage of activities again, and [Silver Key](#) explains that it's a great time to make new friends and join them in all that senior living has to offer.

Staying Active is Essential to Senior Health

- Light exercise keeps seniors [physically fit](#), mentally sharp, and helps prevent injuries from falls.
- There are a number of great exercises you can do in the [comfort of your home](#).
- Senior living communities [promote](#) physical, mental, emotional, and social well-being.
- Yoga is becoming more [popular](#) in senior living communities.
- Dancing is [good](#) for the body and great for the soul.

- Senior living communities encourage residents to [participate](#) in a number of activities that are good for well-being.
- Seniors with mobility issues who want to get back to walking can turn to rehab specialists to regain mobility through various [exercises](#), supportive shoes, and even equipment.

Socializing is Just as Important as Moving the Muscles

- Socialization benefits the mind and body of seniors, and it [boosts immunity](#).
- Many senior living communities have smaller, more [intimate](#) dining rooms that also happen to be better for socialization.
- Seniors are now in on the Zoom [craze](#), and it's likely they'll continue to use video phone apps for virtual face-to-face meetings with faraway friends and loved ones.

Senior living communities promote an active lifestyle with light exercise, social events, and activities. Not only is increased socialization good for the mind and body, it's good for the soul, too!.