

## Why Brain Health is Important as We Age

Involving yourself in mentally stimulating hobbies is an important component of healthy aging. Residents Richard and Jean Woolley are aware of the importance of keeping mentally active through activities, and Rich shares, “The informality of the community is great; you can just do your own thing. We love the body balance exercise class. I participate in the residents’ Program Committee, and Jean is part of the Activity Committee.”

Everything you choose to involve yourself in to keep your brain healthy at The Moorings at Lewes is entirely up to you. We offer a variety of activities and amenities at our continuing care retirement community (CCRC), with many of them providing benefits to your health. This post explores some of our favorite things to do to keep your mind sharp.

## 5 Healthy Brain Activities at Your CCRC

1. Opportunities to Make a Difference: Volunteering your time helps keep you mentally stimulated and gives you a greater sense of purpose. Our [Resident’s Association](#) at The Moorings is an involved, robust program with nine committees; Activities, Bylaws, Dining Services, Employee Appreciation, Gift Shop, Library, Newsletter, Program and Woodworking. Each committee serves a necessary role and gives residents the chance to make an impact on their community.
2. Interaction with Nature: Nature offers numerous health benefits, including healthy brain activity. As Business Insider notes, the [mental stimulation that takes place when spending time outdoors](#) results in sharper thinking and creativity, improved short-term memory and restored mental energy. Our 35-acre campus is surrounded by beauty; take a walk on one of our many trails, or easily access Sussex County’s numerous hiking and biking trails right from our community. For an even more up-close-and-personal interaction with nature, visit our [butterfly gardens](#) or [observation beehive](#).
3. Engaged Continuing Education: We know that learning doesn’t stop once we graduate from school. It’s vital to seek new information, even as we age, to

# Healthy Brain Activities

keep our minds active and stimulated. As a unique offering at The Moorings, we partner with the [Osher Lifelong Learning Institute](#) at the University of Delaware in Lewes to offer a program focused on learning for fun and enrichment, with no exams or grades. These courses are specifically designed to promote intellectual experiences in a supportive environment, with benefits including social interaction and extracurricular activities.

4. **Access to Creative Hobbies:** Indulging in your artistic side requires you to focus on hand-eye coordination and to think creatively, two factors that influence a healthy mind. And, along with the pride of completing your work, expanding your artistic talents engages your brain by improving memory and cognitive function. From knitting to our Lend a Hand Circle and painting, our art studio offers the space you need to express ideas and work on your latest project. The Moorings even features a [woodworking](#) shop for you to continue to practice your skills, whether you enjoy wood carving, furniture making or repair and more.
5. **Involvement in Physical Fitness:** Harvard Medical School found that regular physical exercise, “Helps maintain healthy blood pressure and weight, improves energy, lifts mood, lowers stress and anxiety, and keeps the heart healthy, all of which contribute to brain health.” Not only are you doing your body some good, but your mind as well. So [take a dip in our indoor heated pool or participate in special fitness classes](#), like range of motion and circuit training. You’re sure to find a physical fitness program that satisfies your needs.

## Learn How to Improve Brain Health at The Moorings at Lewes

Participating in various activities and amenities at The Moorings leads to a mentally stimulated mind. For more information, [contact us](#) today with any questions or to schedule your personal tour of our community.