

How to Keep Your Brain Healthy as You Age

Cognitive decline is not as unavoidable as you may think – mental wellness is determined by a multitude of variants, including a person’s lifestyle choices. In fact, research suggests that older adults who frequently participate in intellectually and socially engaging activities exhibit higher cognitive function than those who do not. Simply put, taking part in stimulating activities helps you achieve a healthier brain.

At The Atrium at Navesink Harbor, our goal is to help you achieve maximum wellness. That’s why we offer a variety of activities and amenities at our continuing care retirement community, with many that contribute to successful mental aging. This post explores some of our favorite things to do in the community to keep your mind sharp.

5 Ways to Keep Your Brain Healthy Through Stimulating Activities

1. Spend Time Appreciating Nature – Business Insider notes that the mental stimulation that takes place when enjoying the outdoors results in benefits including restored mental energy, sharper thinking, improved short-term memory and increased creativity. Resident Paula Westerman immediately became enthralled by the stunning views right on The Atrium’s campus. She shared, “We’re surrounded by sheer physical beauty. It’s impossible not to fall under the spell of the river—to sit at dinner and look at an egret preening at the shoreline; to watch the ever-changing sky, beautiful even on a rainy day; to watch the parade of boats both summer and winter.”
2. Immerse Yourself in Cultural Activities – Due to the arts’ cognitive complexity and mental creativity, participating in cultural activities can benefit cognitive function. Count Basie Center for the Arts is recognized as one of the nation’s top performing live event venues, with performances by stars like Tony Bennett and Bruce Springsteen just a short walk away. Plus, we frequently host trips to museums, ballets, theater performances and more.
3. Showcase Your Creativity – Indulging in your artistic side requires patience and for you to focus on hand-eye coordination, two things that engage your brain. And, along with the pride of completing your work, expanding your

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artistic talents improves memory and cognitive function. Our art studio offers the space and materials you need to create your masterpiece. We even have structured classes, like painting and creative crafts, for you to explore new mediums.

4. Learn Something New – Constantly seeking new information, no matter what the subject matter may be, is vital to a stimulated and active mind. Our community library is kept well-stocked and well-maintained, and, if you feel like venturing outside, Red Bank Public Library is less than a five-minute walk away. Or, take advantage of educational activities, like trivia nights and discussions surrounding the lives of famed individuals like Amelia Earhart and Norman Rockwell.
5. Connect with Peers – Simply spending time with friends benefits your mental health, so much so that it's been found that positive relationships can help protect against memory loss. At The Atrium, neighbors become as close as family. Through mutual interests and activities, you're able to truly connect to others. Get to know each other on the private pontoon boat during summer evening cruises or through weekly games like pool and poker night; opportunities to socialize and get to know others are ample.

Learn How to Achieve a Healthier Brain at The Atrium at Navesink Harbor

At The Atrium at Navesink Harbor, we're focused on helping you live the happiest, healthiest life you possibly can – and that includes ensuring a healthy mind. By offering stimulating activities and amenities, you're able to contribute to your brain health simply by participating in the entertainment around you. Contact us today to learn more and schedule your personal tour.