

## Connect with Others: The Importance of Socialization for Seniors

Talk to your friends today – it’s good for your health. Staying social and maintaining friendships benefits both our mental and physical wellbeing. We at The Atrium at Navesink Harbor explore benefits of social interaction and how this helps you stay healthy, plus give a few recommendations highlighting our favorite ways to interact socially right in our community.

### Social Interaction Benefits

Not only is spending time with others fun, but your mind and body will thank you for it. Socializing with others is great for your mental health. Consistent social interactions can help keep you stimulated, mentally sharp and intellectually engaged. Plus, connecting with others helps you feel good. Whenever you have a bad day, interacting with others can boost your mood. In fact, consistently taking part in social activities may lead to reduced risk of depression and anxiety.

Not only will you recognize the mental health benefits, but your physical health will improve as well. Connecting with others may reduce stress, improve cardiovascular health and strengthen your immune system, which can make it easier to fight off sicknesses like the flu. With likeminded individuals around you, you’re also more likely to take part in regular exercise.

With both mental and physical health benefits, it’s no surprise that social interaction helps you become a healthier person. The National Institute on Aging found research that suggests, “[Social isolation constitutes a major risk factor for morbidity](#) and mortality, especially in older adults.” So, staying social even helps you achieve a longer lifespan.

# Social Interaction Benefits

## Discover a Social Lifestyle at The Atrium at Navesink Harbor

The Atrium at Navesink Harbor offers a stimulating environment where residents thrive. With multiple opportunities to be as social as you want, our services and amenities promote the benefits of a social senior lifestyle. Here are some ways you can get involved with your neighbors in the community:

- Explore your creative side by taking a class at the [art studio](#). Here, you'll find inspiration for a watercolor painting or pastel drawing class from neighbors and the beautiful waterfront.
- Enjoy the luxury of living on the water with The Atrium's own [private pontoon boat](#). Our summer evening cruises are a favorite resident activity, where you can take in spectacular sunsets with friends while sipping champagne.
- Check out the [activity calendar](#) - there's always something going on at our community. Here, you'll find times for you to play card and table games, enjoy the Ladies Breakfast club or even take a group fitness class.

Take it from the residents themselves - Irmgard Larsen and Ralph Rapp are both highly involved in the community, participating in the opera and ballet trips, clubs and LivWell physical activity classes. And Katherine Guyer shares, "It's like one big family in this place." You'll always find neighbors who want to engage and spend time participating in activities together.

Come see for yourself and talk to the residents - [contact us](#) today to schedule your personal tour.