



Living Longer

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Can you believe that there were 50,000 centenarians (people 100 years old or older!) in the United States at the last census? This number is projected to be near 800,000 within the next 50 years!

Here are a few ways to live a long healthy life:

Stay active - successful aging starts from within. By exercising physically and mentally, you will feel your body and memory

improve. Take a walk outside, join a local recreational center, take a chair exercise class or go to a gym. See what other active things your neighbors are doing. Perhaps you can join in.

Use your brain - start a book club with friends or try the crossword puzzles in the paper. Computer and video games aren't just for the kids anymore. Several games are designed to improve memory and are geared toward seniors. Sign up for a computer class!

Eat healthy - eat plenty of whole grains, fruits and vegetables; and drink eight, eight-ounce glasses of water every day.

Have a good attitude - it makes all the difference. Have a sense of humor and a sense of hope. Laugh!

Keep regular doctor appointments and have a list of resources so you know where to turn when you need something.

Stay involved -- by doing whatever interests you. Volunteer once a week at a local nonprofit organization. Take long walks with friends. Keep busy.

At Village North Retirement Community, our residents enjoy a wide variety of activities such as exercise groups, computer games, healthy cooking classes, men's clubs, line dancing and happy hours! We also offer free fun trips to places such as sporting events, local attractions and even the casino!



Public senior programs are also offered at Village North. OASIS

Senior Discussion Group meets every third Friday each month. Refreshments are always served and attendance prizes are offered. Please call (314)747-WELL to RSVP for the OASIS group.

Senior Fitness Programs are also open to the public - chair yoga, tai chi, a walking club around our beautiful 45-acre estate and so much more! For more information on our Senior Fitness Programs, please call (314)653-4847.

And don't forget to mark your calendar for our first Senior Health Fair on Friday, June 20th. This event is open to the public and includes wellness assessments and information to help you live a long healthy life. Don't worry, live happy!

Village North Retirement Community
 11160 Village North Dr.,
 St. Louis, MO 63136
 (314)653-4807
www.villagenorthretirement.org

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