



AUGUST EVENTS

SUNSHINE GANG

22ND

Friday

DONUTS & DEVOTION

9 AM

29TH

Friday

**SENIOR DAY AT THE
WHITE COUNTY FAIR**

10 AM – 1 PM

Social connections are an important part of healthy aging and can have many benefits, including:

- **Cognitive health** – Research shows that people who socialize often have better cognition, memory, and a lower risk of dementia and other neurodegenerative diseases.
- **Mental health** – Socialization can help combat feelings of isolation, loneliness, despair, and worthlessness, which can lead to depression in older adults. It can also improve mood and help people feel loved and valued.
- **Physical health** – Social activity can help older adults lead healthier lifestyles, form healthy habits, and have a stronger immune system. Research also links social isolation to higher risks of high blood pressure, heart disease, and obesity.
- **Quality of life** – Social activities can help people build relationships and feel happier and more supported.