

Image



## Enjoying Life at All Stages

As we age, we have more time for personal growth and new experiences, which can be deeply fulfilling. Explore activities like volunteering, fitness classes, learning, and socializing with friends and neighbors. Most importantly, enjoy life!

Preventive care and screenings and seeking treatment for any medical concerns helps you stay healthy and vital. Protect your mind and body with exercise, nutrition, and self-care.

SeniorNavigator is a valuable resource for older adults seeking tailored support and services!

---

## Tips for Aging Well

[Stay Social](#)

Staying socially connected to family, friends, and your community, is important for your overall quality of life and enhances your health and cognitive resilience. Social engagement is very individual and there are many [ways to stay socially connected](#).

## **Get Involved**

Volunteering provides many [benefits to your community](#) and to you as a volunteer! Start by finding [different ways you can volunteer](#). And expand your community involvement by making [connections in your neighborhood](#) and faith community.

## **Continue Learning**

Continuing to learn enhances well being throughout your life and provides stimulation, enrichment and socialization. [Opportunities for learning can be found in a variety of places](#) and including online options. It is never too late to learn something new!

## **Be Healthy**

[Remaining physically active](#) helps you stay fit, lifts your mood, decreases stress, and provides social connections. Be active through walking, exercise classes, lifting weights, and sports. And remember [good nutrition](#) is important for maintaining your health and energy.

## **Frequently Asked Questions**

**How can I connect with local community organizations that could help me find programs and resources?**

[Senior Centers](#) offer education, health, social and recreation activities, and lifelong learning and strive to help older adults stay independent and connected to their communities. Senior Centers use a preventive approach to reduce isolation, promote wellness and extend independence. Another community resource are [Area Agencies](#)

[on Aging](#) (AAAs) that provide activities and services related to socialization, physical activity, meal programs, transportation, education and recreation.

**I live alone and don't have relatives nearby, and am having trouble connecting with others socially. Are there community options I should explore?**

Your local [Area Agency on Aging \(AAA\)](#), [Senior Center](#), and Parks and Recreation programs are good places to start. They offer a wealth of opportunities for getting connected in your community. It's important to [participate in activities you enjoy as you age](#) and to [stay socially connected](#). Remaining [physically active](#) is a great way to meet other folks with similar interests and to stay healthy!

AARP empowers people to choose how they live as they age. The [AARP Virtual Community Center](#) offers a wide array of online options on various topic such as physical activity and fitness, cooking, financial information, advance care planning, legal advice, caregiving, and much more. Find tips, tools, events, and resources and see everything AARP has to offer. [Learn more](#).

**I want to remain independent as I age, but I also know I need to plan ahead to ensure I can access supports and services when they are needed. I'd like more information for the future.**

Use the [Virginia Long Term Services and Supports \(LTSS\) Finder](#) to explore future senior housing options and a range of supports that enable individuals to remain in their homes, receiving care and assistance as needed. If needed, the finder can also help you locate independent living, assisted living, memory care, hospice and home care in your community. Some options are specific to Veterans.

**Are there specific programs for senior travel that I could take advantage of?**

Traveling can be rewarding for everyone and especially seniors. As a starting point, explore VirginiaNagator's [travel articles and programs](#). Reach out to your local Senior Center for group travel excursions. Consider a learning adventure through

[Road Scholar](#) travel programs. If you need support while traveling, consider the [Assisted Vacation](#) program that offers assistance for senior travelers and/or their caregivers.

**Have a question and not sure where to turn? Let us help guide you!**

VirginiaNavigator's [Ask an Expert](#) is an exciting feature that allows you to email us a question to be answered by our staff and experts. Guidance and advice is combined with services available in your community to take the next step forward!

*VirginiaNavigator's Ask an Expert feature does not provide crisis intervention. If you need immediate help, please call 911.*

[View PDF](#)