

Recreation and Learning

Engaging in physical activity, recreation, learning and education, faith based activities and volunteering can enrich your quality of life and provide close connections with your neighbors and community. If you are looking for recreation and learning activities, the topics below provide information on community services and valuable resources for you and your family.



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Libby App: Free library reading app

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[edX: Transformation through education](#)

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Internet Archive: Free Books, Movies, Software, Music

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[Internet Archive: Free Books, Movies, Software, Music](#)

Article

5 Secret Health Benefits of Gardening

Gardening boosts mood, lowers dementia risk, and offers opportunities for physical activity and, in the case of community gardens, socialization.

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[AARP](#)

Article

NIH Research Matters: Leisure activities may improve longevity for older adults

NIH Research results highlight the importance of finding ways to stay active that are enjoyable and can be sustained over time.

Source

[National Institutes of Health](#)

Article

How to Stay Healthy as Summer Temps Rise

Heat waves are dangerous to everyone, but they pose an even greater risk to older adults.

Source

[AARP](#)

Article

Giving Back Helps Others... And You

Volunteering offers many health benefits—especially for older adults.

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[AARP](#)

Article

Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

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[Food and Drug Administration](#)

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Be Safe in the Sun

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Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Page 4](#)

- [Page 5](#)
- [Page 6](#)
- [Page 7](#)
- [Page 8](#)
- [Next page >>](#)
- [Last page Last »](#)

Showing 1-10 of 76 Results