

# Staying Active Nourishes the Soul

Seniors tend to become less active as they age. Their friends are going out less frequently and getting around town at night can become more challenging over time. Often, they are also relying on the same local places for entertainment – many of which no longer hold much excitement or amusement for them.



## Planned Activities Make Getting Involved Easy & Fun

On any given day at Silvergate, our professional Activity Teams are busy curating a dynamic calendar of events and activities that invite residents to try something new, something fun or even something unexpected.

- ❖ Live Entertainment
- ❖ Social Events & Happy Hours
- ❖ Music & Dance Performances
- ❖ Art Classes & Instruction
- ❖ Creative Handicrafts
- ❖ Senior-focused Fitness Classes
- ❖ Educational Lectures & Talks
- ❖ Resident Council & Volunteerism
- ❖ Movie of the Week Events
- ❖ Sporting Event Spectator Parties
- ❖ Spiritual & Faith-based Gatherings
- ❖ Clubs for Bridge, Books & Walking



## Lifelong Learning & Personal Passions

Come be fascinated again by learning and intellectual exploration. Dive into new passions and hobbies you never thought you would try. It's easier to join in when someone else is planning, organizing, and gathering everyone together for you. With activities like guest lectures, art lessons, and live entertainment, you'll simply say "yes" more often.



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