



# Seniors & Social Life

Tracy Siegfried, MD, Internal Medicine

24331 El Toro Rd, Ste 360, Laguna Woods, 92637, (949) 716-0833

## Where and How to Find Friends

It's never too late to get connected socially. People with social connections tend to stay healthier. Where a senior lives, the organizations one belongs to as well as preferred activities can determine whether one is socially isolated or enjoys an active social life, at any age. There are plenty of fun

## Consider These Options

- **Retirement Communities** provide a variety of activities that can help seniors interact and minimize isolation.
- **Apartment Buildings with Gyms** give seniors the chance to exercise regularly and get to know neighbors while doing so.
- **Health Clubs** can enable people who live in single family homes or apartments without gyms to take classes, work out and socialize.
- **Golf, Tennis or Racket Ball Clubs** can provide them with both a social network and the opportunity to exercise.
- **Learning-in-Retirement Groups** sponsored by local colleges can offer classes for retirees that provide mental stimulation and a network of friends.
- **Groups based on common interests** allow seniors to meet with others who share

common interests such as reading, hiking, gardening, etc.

## Want Social Connections but Don't Know Where to Start?

- The Florene Sylvester Memorial Senior Center offers lectures, classes and community adult education classes. Some senior centers have special classes or activities for seniors at a discounted rate.
- The local library, many of which have book discussion groups for seniors as well as lectures and concerts.
- Community adult education classes. Some have special classes or activities for seniors at discounted rates.
- Your local YMCA of JCC, many of which have movement classes for seniors.
- Support groups.
- Churches, synagogues, mosques or religious

Figure out which activities you enjoy and dive in. Don't be afraid to explore new activities, especially if it's something you have always wanted to do. Enjoy your time as an independent senior!

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