

PAID ADVERTISEMENT

Winter Fun for Older Adults

For many older adults, the onset of winter means gloom, even in Georgia's relatively mild climate. But brisk temperatures and gray skies don't mean you have to experience the winter blues! There are many activities in which people of all ages can participate to stay happy, healthy and active until warmer weather arrives.

For example, winter is the perfect time to plan a trip to a local museum or art gallery, or take in a concert or play at your nearby music venue or theatre. Call a few friends and meet up at the bowling alley, sign up for water aerobics at a facility with an indoor pool, or bundle up for a walk at the park or through your city's historic district. Volunteers are always in demand – make some new friends while you help those in need.

At St. George Village, winter is a season rich with activities to enhance friendships and enrich minds, bodies and hearts. You'll hear laughter coming from our game room, where resident card sharks challenge one another in bridge, poker or canasta. Our library, where our book club meets every month, is stocked with



good reads, and the Great Decisions program invites participants to join in analysis and discussion of foreign policy. For fitness enthusiasts, there are regular classes for yoga, tai chi, line dancing and more, plus a well-equipped fitness center, indoor pool and ¼-mile walking trail around the lake on the property. Religious services and Bible studies are offered throughout the week to nourish the spirit, and neighbors celebrate their friendships on our planned excursions around the metro Atlanta area and beyond. Painting classes, concerts and performances by our resident singers, The Villagers, are also on the schedule.

These are only a few examples of what's happening at St. George Village this winter! Come see why every season is full of fun here. Take a tour, stay for lunch. Call Stacy at 678-987-0402 for a confidential appointment.

Find more details about our community, lifestyle and residents at www.stgeorgevillage.org. Follow us on Facebook and Pinterest, too!

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