



## BE SOCIAL with Friends and Family

There are plenty of great ways to stay social with the important people in our lives, and even to expand our social circles as we grow older. Here are some ways to maintain strong social ties.

### Visit with friends and family

#### Identify those people you care about and who care about you.

Often these are our family members (parents, children, siblings, and other relatives), these can be close friends and neighbors.

#### If you feel like you don't get to see them enough, ask to spend more time with them.

Schedule visits and activities you can do together. Studies show that the frequency of our social interactions with these loved ones makes a big difference in reducing our risk of cognitive decline.

### Find belonging in a group

**Maintain a strong social network with groups** of people you feel comfortable around. Examples of these groups include:

- People at your local church, synagogue, mosque, or temple;
- a social club, community center, book club, or coffee group;
- local sports teams (on the field or in the cheering section).

Remember what is important to you and to connect to others who feel the same!

### Do group activities you enjoy

**By keeping connected with others, we might also stay physically and mentally active too!** There are plenty of group-based activities to enjoy, including:

- fitness groups (jogging or hiking groups, exercise classes, etc.)
- movie groups
- book clubs
- art classes
- orchestras, bands or choirs.

**Look for local community centers** who may also host game nights with card games, board games, trivia night, or bingo. To find a local center, go to [www.google.com](http://www.google.com) and search "Senior Center near me."

### Volunteer

**Doing unpaid community volunteer work is a great way to be social.** There are often many ways to get involved with volunteer work locally. As a result of volunteering, you can meet new people and feel a strong sense of belonging while doing good in your community. See [www.n4a.org/volunteerism](http://www.n4a.org/volunteerism) for more information.

### Find someone you trust

**A confidant is someone who is close to you, who you can confide in, and who supports you in emergencies or in difficult situations.**

You might already have someone who is your confidant: your spouse or partner, one of your children, another family member, or a close friend. If you don't think you have someone like this, reach out to someone you think you can trust to see if they can be a greater support to you.