



**THE VILLAGE AT  
ORCHARD RIDGE**  
A National Lutheran Community

# Our Summer Activity Guide for Older Adults

Embrace summer with our list of things to do and try that will keep you active and engaged all summer long!

## Swimming/aquatic therapy

Cool off in the pool with a swim or an aquatic therapy class. Aquatic therapy is a great workout for older adults because it is easy on the joints. If you don't have access to a pool, look into a Life Plan Community! The Village at Orchard Ridge—A National Lutheran Community has an indoor aquatic center with lap pool, spa and therapy pool that can be enjoyed year-round.



## Plant a garden

Gardening is another low-impact activity for older adults with many benefits, including relieving stress and helping maintain mobility, flexibility, and strength. The summer sun will help your plants grow and provide you with some vitamin D, which helps your body absorb calcium and supports your immune system. Try planting flowers, fruits, vegetables, herbs — the possibilities are endless!

## Fire up the grill

If cooking is something you enjoy, get some inspiration from your new garden, or visit a local farmer's market, and try a new recipe with some seasonal produce. Summer is the perfect time to invite friends over and cook outside on the grill.

## Explore the area

When the weather doesn't allow for outdoor activities, take in the culture (and air conditioning) at a local museum or theater. The Museum of the Shenandoah Valley offers art galleries and exhibits that explore the rich cultural life and heritage of the Shenandoah Valley and Shenandoah University often offers concerts, shows and other cultural events that are open to the public. Winchester has become quite a hub for activities, with excellent dining, shopping, breweries and wineries all nearby.

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Call 540-486-2956 or visit: [www.thevillageatorchardridge.org](http://www.thevillageatorchardridge.org)

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### **Take in the beauty of nature**

Walking or hiking is another way for older adults to stay active in the summertime and can help strengthen muscles and bones and improve balance and heart health. Check out a local park or nature trail for a beautiful view while you exercise. Residents at The Village at Orchard Ridge, for example, enjoy visiting the historic Harpers Ferry National Park.

Or grab a cold drink, find a shady spot and simply enjoy summer! Feel the instant calm that arises as soon as you step outside — bask in the sun's warmth, watch the clouds drift, admire the beautiful flowers, and observe the birds, butterflies, squirrels, and other wildlife around you.

Contact The Village at Orchard Ridge to learn more about the summer activities at our Life Plan Community!



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