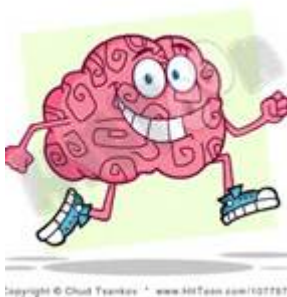


## APRIL 4, 2019

As our brains age it appears from all scientific study that we have to work hard at keeping our brain exercised. As I talked about in my April 2017 blog titled “**Brain Games are the Thing**”, this requires some energy and effort. Natural aging can bring on forgetfulness and in some cases dementia, for example. Participating in activities to exercise the brain is important fending off these signs of age. Here are some brain exercise ideas:

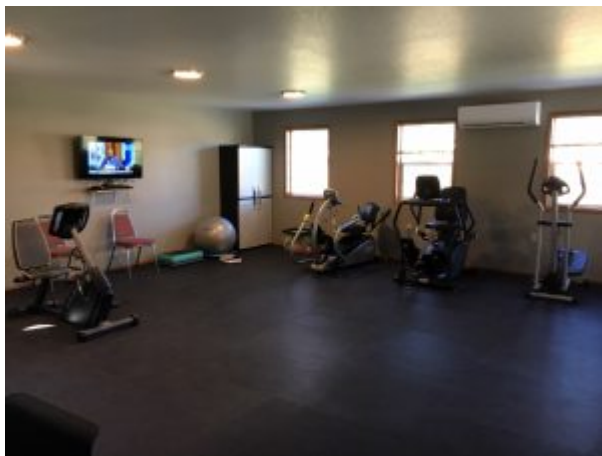
**Brain Games** – Here at Stillwaters this group activity happens the 1st and 3rd Thursday of every month and it’s called “Mind over Coffee”. This includes, for example, fun word games, puzzles and socialization for your brain cells. Other games that are worthy: Crossword puzzles, solitaire (or variations of), or anything that keeps you thinking.



Recent studies suggest there is some evidence that the body might even be able to grow new neurons (or what is called neurogenesis). New brain cells at any age would be very cool. While there is not full agreement on this possibility in the scientific realm, there is agreement that exercising the brain keeps us in shape for the effects of aging.

## Another bit of advice on supporting the aging brain:

- **Exercise the body**– Stillwaters is a great neighborhood for walking and check the Stillwaters calendar for a variety of exercise classes each week. With our new renovated fitness room you can also set up an individual exercise plan within a short walk of your home.
- **Eat smart** – lots of fruits and vegetables, moderate amount of grains and dairy and minimal meat products.
- **Stay Social** – Participate in community activities – Stillwaters, Centralia, Lewis County and beyond. Staying active and connected is great for the brain.



Stillwaters Fitness Room

Enjoy the spring weather – it's supposed to be wet this weekend but still a pleasant temperature.



Early yet but soon we will see these wee ones

## More Resident Adventurers!



Joyce at Spring Training!



Greg and Linda at London Bridge

## QUOTE OF THE WEEK:

As I grow older, I pay less attention to what men say. I just watch what they do.

– Andrew Carnegie