

Understanding The Importance of Continued Learning



The importance of learning something new for older adults is linked to strengthening the mind and reducing the risk of neurological diseases. Whether you challenge yourself to use your non-dominant hand or to learn a new skill, trying new things or becoming knowledgeable in a new subject can have many benefits!



1. Make new friends: Oftentimes we can find ourselves in a rut and live routine, repetitive lifestyles.

By learning something new, we can step out of our comfort zone and meet new people while practicing a new hobby. Bonding with people over the same topic can spark new relationships in your life and make you feel happier.

2. Improve memory: Learning a new skill has been proven to improve memory. A study done in 2019 revealed that seniors taking numerous classes to learn new skills showed significant increase in cognitive functions.

3. Healthy mind, healthy body: A healthy mind is connected to a healthy body. Since the mind and body are so connected, older adults are encouraged to continue to grow their minds just like they are encouraged to go for daily walks. A daily walk for the mind could include word puzzles, listening to classical music or quilting. Try something new today!

4. Use free time wisely: Some older adults struggle to find ways to spend their free time after retirement. It may be fun to learn a new trade or hobby. Think of something you always wanted to learn but never had the time for. Now's your chance! Local senior centers offer classes such as cooking, sewing, fitness and languages. Pines at Davidson Future Residents are welcome to join weekly Learning in Retirement lectures during the spring and fall semesters. Click to learn more.

5. Get out of your comfort zone: Trying new things can be scary, especially if they require skills you haven't used in years. If that is the case, start slow and take a buddy. Maybe test out a new art class with a friend or ask a loved one to show you a new hiking spot!

