



A new season brings new opportunities: Make this **SUMMER** one of discovery

There's something about summer that invites us to slow down, savor the moment, and maybe even step outside our routine. With its longer days, warm evenings, and lighter schedules, summer offers a unique chance to explore new interests, revisit forgotten passions, and enjoy life in fresh and meaningful ways. For older adults, it can be a season not just of relaxation, but of growth.

A Season for Discovery

It's never too late to learn something new. Whether you've recently retired or simply find yourself with more free time, summer is an ideal time to dive into a new hobby or interest. Always wanted to learn how to sketch? Curious about your family's ancestry? Fascinated by photography or poetry? There's no better moment than now to give it a try.

Learning something new – no matter how simple – stim-

ulates the brain, boosts self-esteem, and keeps life exciting. Even something like exploring a new walking path that offers accessibility to suit your needs, or trying a new board game can offer a sense of accomplishment and adventure.

Creative Hobbies to Explore

Many seniors find joy in creative hobbies, which not only entertain but also offer therapeutic benefits. Painting, knitting, journaling, scrapbooking, and playing music are all wonderful ways to express yourself. Even if you've never considered yourself "artistic," there's value in simply enjoying the process. Classes and clubs – both in person and online – can provide support, inspiration, and a sense of community.

Crafting can also be a great social activity. Try inviting a friend or neighbor to join you for a weekly “create and chat” session, or attend a group workshop at your local community center or library.

Stay Active (At Your Own Pace)

Physical activity doesn't have to mean strenuous workouts. Simple activities like walking, stretching, or light gardening can help maintain mobility, reduce stiffness, and lift your spirits. Early mornings or evenings are the best times to get moving outside, when temperatures are cooler and the sun is less intense. Even indoor activities like tai chi or gentle yoga can be refreshing and energizing.

Swimming pool activities are a fantastic way for seniors to stay active, social, and cool during the summer months. Whether it's water aerobics, gentle swimming laps, or simply enjoying time with friends in the pool, these low-impact exercises support joint health, boost circulation, and improve overall well-being. Plus, being in the water offers a refreshing escape from the summer heat while encouraging fun and relaxation.

Get Involved Locally

Summer often brings a wealth of free or low-cost events.

Farmers markets, outdoor concerts, museum exhibits, walking tours, and seasonal festivals are not only fun but can be a great way to connect with others. Many of these events are senior-friendly and offer opportunities to meet new people and get involved in your community.

Small Steps, Big Rewards

Trying something new doesn't mean committing to a major life change. It might be as simple as cooking a new recipe each week with the help of your caregiver, starting a puzzle, listening to a new genre of music, or exploring local walking trails. These small changes keep life interesting and can lead to new routines you look forward to each day.

A Time to Thrive

Summer isn't just for the young – it's for the young at heart. Embracing new experiences, challenging yourself, and finding joy in everyday discoveries is what keeps us vibrant, regardless of age. As the world around you blossoms in the sunshine, allow yourself to grow, too.

This season, let curiosity be your guide. Whether you try something small or embark on a brand-new passion, remember: *the best time to begin is now.*

Staying Safe in Hot Weather



Watch for these signs of hyperthermia:



Dizziness



Muscle cramps



Swelling in your ankles and feet



Nausea and weakness



Rapid pulse

Tips to prevent hot-weather illness:



Drink liquids



Limit caffeine and alcohol



Wear light-colored, loose fitting clothes



If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.

Just For Fun: SUMMER WORD SEARCH

AUGUST
BEACH
CAMP
FIREWORKS
HOT
JULY
JUNE
PICNIC
POOL
RELAX
SWIM
SWIMSUIT
TRAVEL
VACATION
WATERMELON

D	N	G	X	S	P	R	K	D	N	X	D	A	A	T
D	Q	A	G	I	V	O	F	T	N	A	D	V	M	T
C	S	P	C	S	P	U	U	H	W	L	V	C	S	U
K	W	N	R	Z	S	T	Y	W	F	E	L	U	M	T
P	I	K	N	H	K	H	Z	W	M	R	G	P	X	S
C	M	L	O	X	Z	M	O	S	B	U	K	A	S	W
C	S	H	L	W	C	L	K	T	A	P	N	D	Z	I
A	U	J	E	N	M	R	N	H	O	A	W	C	T	M
M	I	U	M	E	O	H	C	O	C	W	T	P	A	F
P	T	L	R	W	J	I	L	E	V	A	R	T	D	K
C	Y	Y	E	V	B	U	T	S	A	M	V	M	J	D
P	C	R	T	V	J	E	N	A	M	Q	P	O	I	G
G	I	Z	A	T	Y	W	A	E	C	G	F	C	Q	R
F	B	U	W	Y	L	M	Z	C	N	A	I	O	Y	N
K	R	P	P	Q	V	O	J	B	H	C	V	Y	O	X



Simply Delicious



Grilled Chicken Ramen Salad

Prep/Total time: 30 min. Yield: 8 servings

Ingredients

- 2 tablespoons canola oil
- 2 packages (3 ounces each) ramen noodles, crumbled
- 2/3 cup canola oil
- 2 teaspoons sesame oil
- 1/3 cup seasoned rice vinegar
- 1 tablespoon sugar
- 2 tablespoons reduced-sodium soy sauce
- 1-1/2 pounds boneless skinless chicken breast halves
- 1/2 teaspoon pepper
- 1/4 teaspoon salt
- 1 package (14 ounces) coleslaw mix
- 1/2 cup minced fresh cilantro
- 3 cups fresh snow peas, thinly sliced lengthwise
- 2 cups shredded carrots
- 4 cups torn mixed salad greens
- 3 thinly sliced green onions
- 1/3 cup crumbled cooked bacon, optional

Directions

- In a large saucepan, heat oil over medium-low heat. Add ramen noodles; cook and stir until toasted, 5-8 minutes. Remove from pan.
- In a small bowl, whisk oils, vinegar, sugar and soy sauce until blended.
- Sprinkle chicken with pepper and salt. Place chicken on a lightly oiled grill rack. Grill, covered, over medi-

um heat, or broil 4-5 in. from heat until a thermometer reads 165°, 8-10 minutes on each side. Cool slightly and chop into 1/2-in. pieces.

- In a large bowl, combine coleslaw mix and cilantro. Layer coleslaw mixture, peas, chicken, carrots, salad greens, noodles and green onions in an 8- to 10-qt. dish. Sprinkle with bacon; serve with vinaigrette.



Key Lime Cream Pie

Prep: 40 min. + Chilling. Yield: 12 servings

Ingredients

- 1 package (11.3 ounces) pecan shortbread cookies, crushed (about 2 cups)
- 1/3 cup butter, melted
- 4 cups heavy whipping cream
- 1/4 cup confectioners' sugar
- 1 teaspoon coconut extract
- 1 package (8 ounces) cream cheese, softened
- 1 can (14 ounces) sweetened condensed milk
- 1/2 cup Key lime juice
- 1/4 cup sweetened shredded coconut, toasted
- Sliced Key limes, optional

Directions

- In a small bowl, mix crushed cookies and butter. Press onto bottom and up side of a greased 9-in. deep-dish pie plate. In a large bowl, beat cream until it begins to thicken. Add confectioners' sugar and extract; beat until stiff peaks form. In another large bowl, beat cream cheese, condensed milk and lime juice until blended. Fold in 2 cups whipped cream. Spoon into prepared crust.
- Top with remaining whipped cream; sprinkle with toasted coconut. Refrigerate for at least 4 hours before serving. If desired, garnish with sliced Key limes.

– courtesy of tasteofhome.com