

Socialization and Your Health

Tell a friend, “Thank you!” for helping you achieve better health. Staying social and maintaining relationships benefits both our mental and physical wellbeing. No matter what the social interactions may be, from a phone call to spending the day exploring the city with others, taking time to connect with people is an important activity to include in your everyday life. In fact, research proves a positive correlation between [social interaction and health](#), and even suggests social isolation results in adverse health effects for older adults.

At Stonebridge at Montgomery, we encourage you to share your time with family and friends. Making the move to a continuing care retirement community offers abundant opportunities for socialization. Our activities and amenities not only encourage visits from loved ones, but neighbors become close friends through shared experiences. And, considering the health benefits of socialization, choosing an active continuing care retirement community could mean choosing a healthier life.

Why Is Social Interaction Important?

Social interaction offers benefits to your overall health and wellbeing, both mentally and physically. Consistent social interactions can help keep you stimulated, mentally sharp and intellectually engaged, resulting in better brain health. Plus, connecting with others releases dopamine, the chemical that makes you feel good. Whenever you have a bad day, interacting with others can boost your mood.

Along with the mental benefits, your physical body will also gain from social interaction. Connecting with others may reduce stress and lead to an increase in cardiovascular health and an improved immune system, which can make it easier to fight off sicknesses like the flu. With likeminded individuals around you, you’re also more likely to take part in regular exercise.

Activities for your own enjoyment are ample at Stonebridge at Montgomery, and plenty of friends are made through mutual hobbies. Our active community encourages socialization through participating in the TED talk discussion group, catching up with a cocktail at happy hour and sharing creative talents in art classes. We also host special events like the annual resident-hosted regatta. Plus, our recently expanded Clubhouse includes

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amenities like a billiard room and comfortable seating areas for you to enjoy with friends. These examples only scratch the surface of what we offer at Stonebridge at Montgomery; view our [activities page](#) and find more interests that offer engagement, happiness and fun.

Connect With Your Community at Stonebridge at Montgomery

Take it from our residents themselves - Dorothy Moore shares, "The people are wonderful here; it's very easy to meet folks and make new friends. There's so much to do socially." And Jerry and Sheila Berkelhammer found that, "There is a great sense of community spirit here... You will soon feel that you're part of a very welcoming, caring community, as we have. You'll make many new friends at Stonebridge."

Come find out for yourself - [contact us today](#) to learn more and schedule your personal tour.