



Guest Editor [Beatrice Karnes](#) [bea\\_karnes@yahoo.com](mailto:bea_karnes@yahoo.com)



629

[Patch Newsletter](#)

[Nearby](#) ▾

[Join](#)

[Sign In](#)

# PaloAltoPatch

 67°

[Home](#)

[News](#)

[Events](#)

[Directory](#)

[Commute](#)

[Pics & Clips](#)

[Elections](#)




Breaking: [Health Crisis in Yosemite](#) »

**SOCIAL NOTES**

[Add your own announcement](#)

## Fun Ways to Energize Your Mind and Body

 Recommend  [Older Adults](#) | August 28, 2012 | [Flag as inappropriate](#)

Did you know that walking, gardening, volunteering, yoga and attending art and dance classes can improve your psychological well-being and reduce your risk of developing chronic diseases?

Just take a look at [Alice Sommer](#) who has been playing classical music most of her adult life and you can see she has perfect posture, is sharp as a tack and has no signs of arthritis, even at age 106!

Bay Area residents are fortunate in that we have more than 40 county parks and open spaces, 45 gardens, 20 museums and a plethora of places to take art, dance, music and yoga classes. You can find more than 80 types of outdoor, fitness, social and cultural offerings using [www.bayareaolderadults.org](http://www.bayareaolderadults.org), a free, easy-to-use online resource. The comprehensive resource lists more than 1,500 total activities and detailed information about each. For example, the [Japanese Friendship Garden](#) listing provides an overview of this local garden, and visitors can find [more detailed information](#), such as photographs and what to expect when exploring the garden.

Starting in September, Bay Area Older Adults is offering the opportunity to explore these new adventures with free and specially discounted healthy living classes and outings for adults age 50 and over. Join us for a special tour of the NASA Ames Exploration Center, a nature and history hike at Almaden Quicksilver County Park, a visit to the oldest Japanese garden in the western hemisphere, a pottery class that challenges your hands and mind, and a cooking class to learn simple, healthy recipes. The purpose is to have fun, be healthy, meet new people and learn more about your community. Please visit [www.bayareaolderadults.org/active](http://www.bayareaolderadults.org/active) to learn more and to register for these special events.

Bay Area Older Adults is a 501(c)(3) nonprofit organization promoting the health and well-being of older adults in the San Francisco Bay Area through education, outreach and healthy living programs.

 [Upload Photos and Videos](#)



[Follow comments](#)



[Submit tip](#)



[Comment](#)