

## **STAYING ACTIVE – A KEY TO SUCCESSFUL AGING**

People are living longer and with longevity comes the desire to be active and engaged for as long as possible. The term “successful aging” includes more than a discussion about one’s health status. In fact, considerable research shows that the key to successful aging includes three important components:

- effectively managing disease and disability
- high mental health and physical functioning and
- active engagement with life.

In Montgomery County, there are numerous resources to encourage and support successful aging. Beginning with County resources which include those offered by the Area Agency on Aging, the Volunteer Center, the Recreation, and Library Departments, there are numerous other opportunities to stay engaged and involved.

Below is a brief listing of resources to help those 50+ remain active, engaged, and able to continue in their successful aging journey.

### **MONTGOMERY COUNTY RESOURCES**

Montgomery County Government Resources for Seniors

<https://www.montgomerycountymd.gov/senior>

Montgomery County Recreation Activities

<https://www.montgomerycountymd.gov/rec/activitiesandprograms/seniors/>

Montgomery County Library Services and Programs for Seniors

<https://www.montgomerycountymd.gov/library/for-you/seniors.html>

Senior Beacon Resource Guide 2020

<https://www.thebeaconnewspapers.com/silver-pages-directory/>

Active Aging Help Guide

<https://www.helpguide.org/articles/alzheimers-dementia-aging/staying-healthy-as-you-age.htm>

50+Volunteer Network

<https://www.montgomerycountymd.gov/volunteercenter/volunteers/50Plus.html>

Lifelong Learning Institute at Montgomery College

<https://www.montgomerycollege.edu/workforce-development-continuing-education/lifelong-learning/lifelong-learning-institute.html>

OASIS Lifelong Learning (a variety of classes for all interests)  
<https://washington-metro.oasisnet.org>

Live and Learn Bethesda (classes on a range of topics for an affordable fee)  
<https://liveandlearnbethesda.org>

Senior Planet (free exercise programs for seniors)  
<https://seniorplanet.org>