

The Three Keys to a Long and Happy Retirement Have Been Discovered in Orange County, CA

Everyone looks forward to retirement. Those years that we have been striving for after the children are raised, the hard work is done and we are ready to “enjoy life.”

But how do you ensure that you continue your active lifestyle once you have actually reached retirement and are ready to enthusiastically enjoy the benefits of all your years of dedication and hard work?

A recent article in the New York Times dated May 21, 2009 cites a study that was conducted by the University of California, Irvine. This ongoing study has focused on a group of residents of Laguna Woods Village, the active adult community in Orange County, California. The study began in 1981 and has included more than 14,000 people aged 65 and older and more than 1,000 aged 90 or older.

The study suggests there are three key elements that seem to be vital to a long and happy retirement:

- 1. Keeping active** by regularly exercising – it can be as little as walking your dog several times a day or as vigorous as daily workouts at a health club or yoga classes but there is a definite need to keep the body in shape and moving.
- 2. Regularly interacting with others** is the second key element in the golden path to a successful and long retirement. Getting together with friends or family for lunch or a game of tennis or golf or joining a social club that has regular activities - all create communication opportunities and links that keep you healthy and happy.
- 3. Keeping your brain stimulated regularly** by “exercising” with word games, playing cards and even video games challenges the mind to function cognitively and may be the ultimate secret for success in maintaining an engaged, long and happy life.

If you have traditionally done the Sunday or daily crossword puzzle in your newspaper or Scrabble and other challenging, thought-provoking games, you are a step ahead of most folks who won't benefit from these enjoyable activities in the long term.

Reading books, playing bridge and other games where you must “follow the cards” are actually facilitating active adults to lead healthier, happier and longer lives.

Everyone Keeps Active at the Towers at Laguna Woods Village

If you are looking to enjoy or sample a wide range of activities – such as swimming, golf, bicycling, hiking, tennis, day trips and much more – you should take advantage of membership in The Towers at Laguna Woods Village.

Located in the gated community of Laguna Woods Village, you will feel secure in your own private suite, from studios to penthouses, that offer amenities and personal services that will remind you of a stay in a fine hotel. In addition, you will have access to concerts, theatre programs, social clubs, exercise classes and college and art classes, along with new friends to share them with!

For active adults who want to continue to enjoy a rewarding lifestyle the list is endless of activities and interests to keep you occupied. Your days will be spent enjoying the sports you have always enjoyed and have the opportunity to pursue other activities that you have dreamed of doing before your retirement.

There are cultural activities such as plays, art galleries and museums that will also introduce you to new friends who share those interests, as well. You can take tennis lessons to improve your game or sign up for a class to learn to play the guitar! You will be amazed at how many exciting and interesting activities there are to explore!

You will meet new friends who share the same interests and will be assured you have access to the activities that will give you the opportunity to hone your skills on the golf course, in the card room or a painting class – so that you are doing what you enjoy every day - keeping your mind and your body healthy and happy and above all enjoy a long and happy retirement!