How Residents Stay Connected to the Local Community

As the adult children of seniors ourselves, we know how essential it is for your loved ones to feel in touch with their local community and connected with others. If you're looking to embrace the excitement of going out to meet new people, create memories, and enjoy unique experiences, there's no shortage of opportunities in senior living.

Keeping residents connected is a priority for premium senior communities. Plus, local initiatives and community members are keen to prevent loneliness and improve mental and physical well-being.

Private and public transportation

Being able to get from A to B is key for deeper connections. Your personalized care coordinator can arrange transportation by taxi, rideshare apps, or shuttle bus. Costs may be included in the monthly fee or cost extra. Many local transit systems also offer senior discounts — like the Senior SmarTrip Card that serves residents of The Fitzgerald of the Palisades in Washington, D.C.

Organized outings

Community outings, both organized by senior living communities and locals, are wonderful for staying connected. Balfour communities provide weekly trips for independent living residents to local grocery stores like King Soopers and Trader Joe's. You can always plan your own adventures too — trips to museums, places of worship, parks, restaurants, farmer's markets, arts & crafts fairs, zoos, and performances.

Volunteer-led events

Some days, the community will come to you. Local groups frequently volunteer at senior living communities, leading chats, board games, musical performances, and

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workshops on digital literacy, gardening, yoga, and tai chi. It's never too late to pick up a new skill.

Cultural experiences

Cultural experiences let residents mingle with locals and offer insights into art, history, and world culture: historic sites, musical and theater performances, cooking classes, dance recitals, operas, festivals, and walking tours.

Fun and games

Check around town for clubs and meetups featuring your favorite games — bridge, chess, trivia. Joining a community sports club is another way to boost physical and mental well-being, with low-impact exercise opportunities that also help you meet new friends.

Educational opportunities

Colleges across the country have special programs for senior citizens. Kisco's Balfour residents can attend the University of Colorado Denver's Lifelong Learners program for free. Feel like you have life lessons worth sharing? Ask your local YMCA or community center about leading a seminar.

Spiritual gatherings

From faith-based services to meditation classes and sound baths, spiritual gatherings strengthen community ties and support coping, health, and a sense of purpose.

Virtual connections

Technology makes it easier than ever to stay connected without leaving home. Residents with mobility issues or busy schedules can benefit from virtual connections — from video chats with family to platforms like Senior Planet by the AARP, which streams free live classes on everything from gentle kung fu to discussions about aging.

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