PERK Activities with Rosemary

Why it is important as we age to engage in creative activities

We all have the desire to age well but what does that mean? Basically, it is having quality of life which involves having cognitive well-being, physical well-being and social and emotional well-being. Creative, art-based activities helps you achieve this goal.

Research shows that creative activities:

Increase social interaction
Builds resiliency
Improves fluid and crystallized intelligence (see below for definition)
Provides pleasure
Improves quality of life

Perk Activities accomplishes the goal of aging well by offering activities that use your imagination and creativity whether you are creating a story or character, doing an improvisation or collaborating to invent a product or design a community- all the activities provide opportunities for self-expression, mind-expansion and social connection. The old adage *"Use it or lose it"* holds true today.

Very Well Mind by Kendra Cherry (2018)

Fluid intelligence refers to the ability to reason, think flexibly. Crystallized intelligence refers to the accumulation of knowledge, facts and skills acquired throughout life which increases through adulthood.

According to the Cattell-Horn Theory

Fluid Intelligence

The capacity to reason
The ability to learn new things

Examples: solving puzzles and creating problem-solving strategies.

Crystallized Intelligence

Knowledge from prior learning
Knowledge from past experiences

Both are important in everyday life. According to the article, crystallized intelligence can be improved through learning and fluid intelligence can be trained.

Very Well Mind suggest seeking out new challenges and learning new things which you can find every Saturday afternoon at a Perk Activities session!

Upcoming Events at Legacy

Wednesday, Aug 8th @ 3:00pm
~ Happy Hour Entertainment by Greg Alcock

Saturday, Aug 11th @ 2:00pm
~Forest & Ocean Benson Musical Performance

Saturday, Aug 11th @ 7:00pm
~Twilight Dinner

Monday, Aug 13th @ 12:30pm
~Parq Casino

Wednesday, Aug 25th @ 7:00pm
~Twilight Dinner

Monday, Aug 27th @ 12:30pm
~GardenWorks at Mandeville

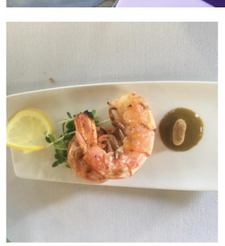
LEGACY INSIDER

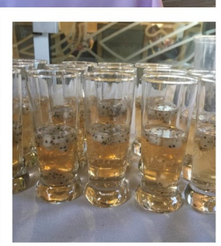
Legacy Senior Living - The Leo Wertman Residence Newsletter Volume 6 Issue 8 August

Enjoying August

Our Twilight Dinners have been an absolute creative success! Going forward in August, our twilight dinners will alternate between BBQ Saturdays and our Twilight Dinners. Check out the calendar for exact dates and times and make sure to sign up for the Twilight Dinners at the concierge desk to ensure seating.

Join us on **Friday September 7th** for our fourth year anniversary party! An extremely entertaining comedy group called, "FunnyFest" will be here to make us laugh. Followed by a delicious BBQ for dinner!





Julie Demers
General Manager

We recently had the exterior windows washed. For residents that are interested in having their interior windows washed, please sign up at the Concierge desk. There will be a charge of $25 for 1 bedroom and 1 bedroom/den suites and a $35 charge for 2 bedroom suites. We are also looking at scheduling a patio washing as part of our preventative maintenance plan. This will be a complimentary service but they will not touch items on your patio. If you need assistance with moving items off your deck there will be a small fee. Please sign up for this service at the Concierge desk no later than August 3rd so that we can schedule. -Julie D.