

Continuing to learn

You're never too old to learn a new skill, take up a new hobby or even go back to school. Not having a full-time job opens up your schedule and your energy level to try something you've always wanted to learn. It's also a great way to keep your brain active and engaged.

Sign Up for a Class at Your Local College

If you live near a community college or university, see what classes are available to take for non-degree-seeking students. Some colleges have community-oriented classes with a variety of skills, but retirement is also a great opportunity to take classes you didn't have time to in college. Sign up for world history or anthropology courses or take

a voice or music class. Or, if you're ready for a major commitment, go back to school full-time to earn that second bachelor's degree or sign up for a graduate program.

Read All the Books You Can

Now's your chance to

knock out "War and Peace" or that series you've had on your shelf for years. Retirement provides a great opportunity to spend time reading. You can join (or start) a book club and explore different genres and authors. Check out your library for reading groups or lists.

You can also find a group of students to read to.

Find a New Hobby

Go to your local senior center and learn a new dance, take a cooking class or break out an old camera and go to a photography class. Cities and towns of all sizes have these gathering places, and in addition to learning something new, they provide great opportunities to meet new people and find people with similar interests to yours.

If you can't go to a senior center or yours doesn't offer the classes you want, check out online options. Many groups, including major universities throughout the world, offer online courses; there also are companies that offer classes from the best of the best, including acting from Oscar winners, photography from professional photographers, cooking from the best chefs in the world and more.

Alternatively, volunteer to teach a class at your local senior center, start a quilting or hiking club.



Skilled Nursing at Coast Fork Nursing

Walking into Coast Fork one can tell this is a place filled with camaraderie and closeness. This place radiates with the loyalty, love and laughter of old friends. Spending time at Coast Fork Nursing Center is like joining a group of life-long friends for coffee. The laughter spills over into the hallways, the appreciation for each other rings in the words they say, and the commitment to the future is evident in each and every heart.

Onsite Services provided by COAST FORK NURSING CENTER

- Activities • Housekeeping • Nursing
- Occupational therapy • Physical therapy
- Social work • Speech/language pathology



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