

# Let's be social

## Staying social helps build relationships and improves your mental health!

### What it means to be social:

Maintaining social connections is key to healthy aging and overall well-being. People with strong social networks are more active and feel happier and supported. Staying in touch with neighbours, friends, and family can help keep your social network strong.

### What can you do to be social?

**Participate in community activities.** Think about activities you enjoy and look for ways to get involved.

- Consider joining a local older adult club or centre. They offer social and recreational opportunities such as card games, potlucks, exercise, and more!

**Volunteer your time.** Not only will it support your community, but it is a great way to meet new people.

- Contact your municipality or older adult club or centre to discover opportunities for social participation and volunteering.

**Connect with others through technology.** Electronics can be used to share pictures, have video conversations, join online support groups, or clubs.

- Consider using technology as a way to meet new people and stay in touch with loved ones.

**Join a group physical activity class.** Doing physical activity with others can reduce the risk of falling and is also an amazing way to meet people!

- Participate with others or go on walks with friends to increase social interactions. Contact your local community centre, local gym, or older adult club or centre to find out what is available.



**Try new things.** Learn something new to keep an active mind and make friends with common interests.

- Sign up for a book club, painting course, or knitting club. Learn to cook or take an educational class. Keep an active mind and who knows—you may find a new friend in class!

**Access public libraries.** Libraries are a great resource for programs happening in your community.

- Visit your local library to access a variety of programs, including free public Wi-Fi access and technology support.

Let's be **ACTIVE!** Let's be **SOCIAL!** Let's be **STRONG!**

For more information, visit [stayonyourfeet.ca](http://stayonyourfeet.ca) or call your local public health unit.



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