

## **Recreation**

Programs that provide entertainment, outings and leisure activities.

Links

### **[Internet Archive: Free Books, Movies, Software, Music](#)**

Source

[Internet Archive: Free Books, Movies, Software, Music](#)

Article

### **[5 Secret Health Benefits of Gardening](#)**

Gardening boosts mood, lowers dementia risk, and offers opportunities for physical activity and, in the case of community gardens, socialization.

Source

[AARP](#)

Article

### **[How to Stay Healthy as Summer Temps Rise](#)**

Heat waves are dangerous to everyone, but they pose an even greater risk to older adults.

Source

[AARP](#)

Article

### **[Tips to Stay Safe in the Sun: From Sunscreen to Sunglasses](#)**

Sun safety is always in season. It's important to protect your skin from sun damage throughout the year, no matter the weather.

Source

[Food and Drug Administration](#)

Links

## **Be Safe in the Sun**

Source

[Be Safe in the Sun](#)

Article

## **Virginia State Parks Accessibility**

Virginia State Parks strive to make each park as barrier-free as possible for the convenience of those with limited mobility.

Source

[Department of Conservation and Recreation](#)

Article

## **Tips for Bicyclists and Pedestrians**

It's vital for bicyclists and pedestrians to take proactive steps to stay safe.

Source

[U.S. Department of Transportation](#)

Article

## **Making Fitness Accessible for Everyone**

Explore accessible fitness programs across Virginia!

Source

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Article

## **Sun Safety**

Some ways to stay sun-safe outdoors include wearing sun protection gear like a hat with a wide brim and sunglasses to protect your face and eyes, and wearing a long-sleeved shirt and pants or a long skirt for additional protection when possible.

Source

[Centers for Disease Control \(CDC\)](#)

Article

## **Participating in Activities You Enjoy As You Age**

Aging well includes participating in activities you enjoy including recreation activities, physical activity, volunteering, and social events.

Source

[National Institute on Aging](#)

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