

7 Health Benefits of Game Nights for Seniors

In addition to being a fun way to socialize with friends, games like poker, rummy and bridge can be good for your cognitive and emotional health. Here are seven potential health benefits that card games can provide.



1 Memory retention

Remembering rules and keeping track of points and wagers helps strengthen short-term memory.

2 Problem-solving and strategy

Many games require careful planning, risk assessment and decision-making that can help keep seniors mentally agile.

3 Attention and concentration

Following the pace of a game, taking cues from other players and staying alert can enhance the ability to concentrate and stay present.

4 Stress relief

Fun, relaxing activities with friends can release endorphins and reduce cortisol levels.

5 Boosting moods

Enjoying the playful competition of card and board games can trigger a release of dopamine, which is linked to feelings of happiness and rewards.

6 Resilience and patience

Learning to handle wins and losses in a healthy, lighthearted way supports emotional resilience.

7 Fine motor skills

Shuffling, dealing and organizing cards can help seniors maintain dexterity and coordination.

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