



BOOKWORMS

As part of the Wellness Committee, our community has formed the **Bookworms** for people who love to read. Scientific studies have found many benefits of reading, such as: reducing stress, enhancing sleep, improving memory circuits, sharpening decision-making skills and possibly delaying the onset of dementia.

Leisureville **Bookworms** enjoy sharing their love for reading with others in the community. It is a good way to socialize with people with common interests while expanding knowledge in many areas.

We are free to read our own selections and then share what we've read with the group. We recommend books that we like and if we are finished with a book, we pass it along to others who might want to read it. Everyone gets a chance to share in our informal group. We stay on the topic of books and learn from each other.

Bookworms get together on the 4th Wednesday of each month from 2:00pm to 3:00pm in the Clubhouse Meeting Room. We would love for you to join us.