



Table 1: Summary of the data used in the study			
Variable	Unit	Mean	Standard Deviation
Age	Years	65.2	8.5
Gender	Male/Female	52.1/47.9	0.5
Education	Years	12.3	2.1
Income	€1000s	25.8	15.2
Health	Good/Bad	68.4/31.6	0.5
Activity	Hours/week	18.5	12.3
Stress	Low/High	35.7/64.3	0.5
Depression	Score	12.5	5.8
Loneliness	Score	15.2	7.1
Life Satisfaction	Score	45.6	10.4
Quality of Life	Score	58.9	12.7