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National Suicide Hotline
988

Alzheimers Association
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Institute of Aging Friendship Line
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Quote of the Month

“THE SECRET OF STAYING YOUNG IS TO LIVE HONESTLY,
EAT SLOWLY AND LIE ABOUT YOUR AGE. ~ LUCILLE BALL”

THE POWER AND SIMPLICITY OF WALKING

Walking is the simplest form of exercise. One of the great benefits of walking is it allows us to slow down and connect with our surroundings. This heightened awareness can lead to a greater sense of gratitude and appreciation.



Walking also boasts a series of health benefits for older adults, according to a recent Blue Zones study. Its main benefits include reducing the risk of cardiovascular disease, type 2 diabetes and dementia. Walking can also lead to improvements in sleep, mental well-being and longevity. A 30-minute walk per day decreases the likelihood of multiple age-associated diseases and improves mood and sleep quality, and lowers the risk of bone fractures.

Walking is a great way to clear our minds and gives us time to think and reflect. We can use this time to focus on our goals or simply enjoy the present moment. Walking helps us find a sense of calm and balance in our lives.

ALEXA FEATURES YOU DON'T WANT TO LIVE WITHOUT

Alexa is Amazon's digital voice assistant that comes with innovative features to help you live more comfortably. What these features can do for you are jaw-dropping. Here are just a few:

MEDICATION REMINDERS. The “Medicine Tracker” feature is free and lets you know what your medications are, when you last took them and what times you should be taking them.

STAY CONNECTED. Alexa's “Remote Senior Care” comes with the latest sophisticated technology, yet is easy to use. It allows you to connect to your loved ones remotely with simple voice commands 24/7.

SLEEP BETTER. Alexa's “Train Ride” feature helps you sleep peacefully or block out unwanted noise. All you have to say is, “Alexa, open Train Ride.” It's from the makers of the top-rated “Sleep and Relaxation Sounds” skill.

GET COZY WITH NOSTALGIA. With Alexa's “Radio Mystery Theater,” it's easy to relive childhood evenings around the radio listening to old CBS programs. This cool Alexa feature will take you back to the original broadcasts!

LIVING WELL

INSPIRING A HAPPIER, HEALTHIER YOU.

HOLLAND BEACHSIDE, LAKESHORE AND BOARDWALK

MAY 2024

THE INSPIRING TRANSFORMATION OF JOAN MACDONALD

At the age of 70, Joan MacDonald weighed 198 pounds and had a 39-inch waist. She was on medication for high blood pressure and had trouble walking up and down stairs. Joan knew if she continued on her path, things would only get worse. Her daughter Michelle gave her an ultimatum that it was high time she changed her life.

It wasn't easy, but Joan learned how to use an iPhone to help follow a nutrition plan, renewed her gym membership, bought a scale and got to work. She stuck to her guns and never gave up. Some days Joan was in tears, but her personal motto kept ringing in her head: “I don't mind if my changes are slow. I'm going to go at my own pace and this time the changes are going to last for the rest of my life.”

As the months rolled by, the weight and inches were disappearing to the point Joan lost 70 pounds. She now claims to be a different woman than she was when she began her journey to wellness. Her transformation is so complete, Joan now graces magazine covers, has over 1.5 million followers on Instagram, and is the author of “Flex Your Age with Joan MacDonald.” An inspiration to millions, Joan likes to say you can't turn back the clock, but you sure can wind it up again!



MAY 2024 EVENTS!

- Paul Carmichael 5/7 SCV 2pm
- Koul Band 5/9 SCV 2pm
- Secretary of State 5/10 10-12
- Fred Walker SCV 5/14 2pm
- Ty & Nat SCV 5/15 4:30pm
- Nancy Buchanan 5/16 SCV 2pm
- Billy McAllister SCV 5/21 2pm
- Dan & Rose Beukema SCV 5/28
- David Molinari 5/30 SCV 2pm
- Bus Rides Thursdays Weekly

THE IMPORTANCE OF A HEALTHY AGING PLAN

Healthy aging is the ability to maintain an active, independent and purposeful lifestyle. To do so, everyone is encouraged to engage in proactive behaviors. This includes taking the necessary medications you're prescribed, exercising regularly, eating a balanced diet, minimizing alcohol consumption, not smoking and getting enough sleep at night. One of the most important proactive steps you can take is staying socially active. The main benefit of making new friends is the sense of belonging it provides and knowing fellow residents are more than just neighbors!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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MAY 2024

LOCATION KEY

AR Activity Room	F Foyer	OUT Outing
AMN All Manors	ILD IL Dining	O Outside
ALD AL Dining	MB In Mailboxes	SD Sandy Cove
BT Baypointe	LK Lakeshore	THR Theater
BD Beachside	LIB Library	APT Your Apartment
BK Boardwalk	LH Lighthouse	
DR Dining Room	LR Living Room	

BIRTHDAYS			01			02			03			04								
Lakeshore: Annette Zwiers 5/2 Doris Brinks 5/13 Beachside: Fred Koning 5/26			9:00a Chair Exercises BS DR 10:00a Chair Exercises & Balloon Ball LS DR 11:00a 14 Game BS AR 1:00p Craft Time LS AR 1:30p Tulip Lane Bus Ride OUT			10:00a LRC Game BS AR 10:00a Chair Exercises LS DR 11:00a Exercises & Music BS AR 1:00p Cycles BW & LS LR 1:30p Scenic Ride OUT 1:30p Tulip Lane Bus Ride OUT 2:00p Christopher Sloan at Sandy Cove ALD 4:00p Skipbo LS AR			9:00a Chair Exercises/Balloon Ball LS DR 9:00a Art Time BW AR 10:00a Yahtzee BS AR 11:00a Music & Chair Exercises BW AR 11:00a Memory Games LS AR 1:00p Bingo LS DR 2:00p Rummikub BW DR			9:00a Skipbo LS AR 11:00a Virtual Cycles LS AR 2:00p Rummikub BW AR 3:00p Uno BS AR								
05 CINCO DE MAYO			06			07			08			09			10			11		
9:00a Daily Perk & Chronicle DR 10:00a Crosswords/Word Search AR 1:00p Puzzles DR 2:00p Ammie Bouwman at Sandy Cove ALD			10:00a Manicules BVV AR 11:00a Manicules LS AR 11:00a Bible Study with Dennis BS DR 1:30p Bible Study with Dennis BVV DR 2:00p Rummikub BW DR 3:00p Bingo BW DR 3:00p Bible Study with Dennis LS DR			9:00a Manicules BS AR 9:00a Coffee & Chat BW DR 10:00a Bingo BS AR 10:00a Coloring LS AR 11:00a 14 Game BS AR 11:00a Coloring BVV AR 1:00p Craft Time LS AR			9:00a Chair Exercises BS DR 10:00a Chair Exercises & Balloon Ball LS DR 11:00a 14 Game BS AR 11:00a Coloring BVV AR 1:00p Craft Time LS AR			10:00a LRC Game BS AR 10:00a Chair Exercises LS DR 11:00a Exercises & Music BS AR 1:00p Cycles BW & LS LR 2:00p Koul Band at Sandy Cove ALD 4:00p Skipbo LS AR			9:00a Chair Exercises/Balloon Ball LS DR 9:00a Art Time BW AR 10:00a Yahtzee BS AR 11:00a Music & Chair Exercises BW AR 11:00a Memory Games LS AR 1:00p Mother's Day Open House AMN 1:00p Bingo LS DR 2:00p Rummikub BW DR			9:00a Skipbo LS AR 11:00a Virtual Cycles LS AR 2:00p Rummikub BW AR 3:00p Uno BS AR		
12 MOTHER'S DAY			13			14			15			16			17			18		
9:00a Daily Perk & Chronicle DR 10:00a Crosswords/Word Search AR 1:00p Puzzles DR 3:00p Lighthouse Baptist Church at Boardwalk DR			10:00a Manicules BVV AR 11:00a Manicules LS AR 11:00a Bible Study with Dennis BS DR 1:30p Bible Study with Dennis BVV DR 2:00p Rummikub BW DR 3:00p Bingo BW DR 3:00p Bible Study with Dennis LS DR			9:00a Manicules BS AR 9:00a Coffee & Chat BW DR 10:00a Bingo BS AR 10:00a Coloring LS AR 11:00a 14 Game BS AR 11:00a Coloring BVV AR 1:00p Craft Time LS AR 5:00p Family Night: Comedy Hour at Boardwalk BK			9:00a Chair Exercises BS DR 10:00a Chair Exercises & Balloon Ball LS DR 11:00a 14 Game BS AR 11:00a Coloring BVV AR 1:00p Craft Time LS AR 5:00p Family Night: Comedy Hour at Boardwalk BK			10:00a LRC Game BS AR 10:00a Chair Exercises LS DR 11:00a Exercises & Music BS AR 1:00p Cycles BW & LS LR 1:30p Scenic Ride OUT 2:00p Nancy Buchanan at Sandy Cove ALD 4:00p Skipbo LS AR			9:00a Chair Exercises/Balloon Ball LS DR 9:00a Art Time BW AR 10:00a Yahtzee BS AR 11:00a Music & Chair Exercises BW AR 11:00a Memory Games LS AR 1:00p Bingo LS DR 2:00p Rummikub BW DR			9:00a Skipbo LS AR 11:00a Virtual Cycles LS AR 2:00p Rummikub BW AR 3:00p Uno BS AR		
19			20			21			22			23			24			25		
9:00a Daily Perk & Chronicle DR 10:00a Crosswords/Word Search AR 1:00p Puzzles DR			10:00a Manicules BVV AR 11:00a Manicules LS AR 11:00a Bible Study with Dennis BS DR 1:30p Bible Study with Dennis BVV DR 2:00p Rummikub BW DR 3:00p Bingo BW DR 3:00p Bible Study with Dennis LS DR			9:00a Manicules BS AR 9:00a Coffee & Chat BW DR 10:00a Bingo BS AR 10:00a Coloring LS AR 11:00a 14 Game BS AR 11:00a Coloring BVV AR 1:00p Craft Time LS AR			9:00a Chair Exercises BS DR 10:00a Chair Exercises & Balloon Ball LS DR 11:00a 14 Game BS AR 11:00a Coloring BVV AR 1:00p Craft Time LS AR			10:00a LRC Game BS AR 10:00a Chair Exercises LS DR 11:00a Exercises & Music BS AR 1:00p Cycles BW & LS LR 1:30p Scenic Ride OUT 4:00p Skipbo LS AR 6:30p Greater Joy Trio at Sandy Cove ALD			8:00a Scavenger Hunt AMN 9:00a Chair Exercises/Balloon Ball LS DR 9:00a Art Time BW AR 10:00a Yahtzee BS AR 11:00a Music & Chair Exercises BW AR 11:00a Memory Games LS AR 1:00p Bingo LS DR 2:00p Rummikub BW DR			9:00a Skipbo LS AR 11:00a Virtual Cycles LS AR 2:00p Rummikub BW AR 3:00p Uno BS AR		
26			27 MEMORIAL DAY			28			29			30			31					
9:00a Daily Perk & Chronicle DR 10:00a Crosswords/Word Search AR 1:00p Puzzles DR 2:00p John Klompaker at Sandy Cove ALD			10:00a Manicules BVV AR 11:00a Manicules LS AR 11:00a Bible Study with Dennis BS DR 1:00p Memorial Day Social Hour DR 1:30p Bible Study with Dennis BVV DR 2:00p Rummikub BW DR 3:00p Bingo BW DR 3:00p Bible Study with Dennis LS DR			9:00a Manicules BS AR 9:00a Coffee & Chat BW DR 10:00a Bingo BS AR 10:00a Coloring LS AR 11:00a 14 Game BS AR 11:00a Coloring BVV AR 1:00p Craft Time LS AR			9:00a Chair Exercises BS DR 10:00a Chair Exercises & Balloon Ball LS DR 11:00a 14 Game BS AR 11:00a Coloring BVV AR 1:00p Craft Time LS AR			10:00a LRC Game BS AR 10:00a Chair Exercises LS DR 11:00a Exercises & Music BS AR 1:00p Cycles BW & LS LR 1:30p Scenic Ride OUT 2:00p David Molinari at Sandy Cove ALD 4:00p Skipbo LS AR			9:00a Chair Exercises/Balloon Ball LS DR 9:00a Art Time BW AR 10:00a Yahtzee BS AR 11:00a Music & Chair Exercises BW AR 11:00a Memory Games LS AR 1:00p Bingo LS DR 2:00p Rummikub BW DR 2:00p Birthday Social Hour DR					

All activities subject to change.