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National Suicide Hotline
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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.

SOMERSET ASSISTED LIVING

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!

- 05/01- Mini Massages 1p
- 05/09- Gene & Tonics 3p
- 05/14- Travel Presentation 2p
- 05/14- Wellness U: Legacy 1p
- 05/15- Let Us Entertain You 5p
- 05/16- Steve Floyd 3p
- 05/20- Kelly Miller 2p
- 05/22- Chair Dancing 2:15p
- 05/26- Smitty 2:30p

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

AA Activity Area	FIT Fitness Center	RR Reflection Room
AR Activity Room	LR Living Room	S Salon
B Bistro	OUT Outing	THR Theatre
CY Courtyard	PAT Patio	
DR Dining Room	PLR Parlor	

BIRTHDAYS			01	02	03	04
Sara F. 5/02 Beth S. 5/05 Susan B. 5/09 Al L. 5/22 Alexandra M. 5/23 Mary Lou R. 5/31			10:30a Weighted Workout AR 11:00a Resident Ambassador Program Introduction AR 11:00a Bible Study w/the Andersons AR 1:00p Mini Massages 2:00p Derby Hat Making Class AR 3:00p Wine Down Wednesday B	10:30a Chair Yoga AR 11:00a Outing: Rainforest Cafe OUT 1:30p Netflix Series & Chat: Anne with an THR E 2:00p Walking Club B 3:30p Cardio Drumming AR 6:30p Movie & Popcorn: Purple Hearts THR	10:30a Weighted Workout AR 11:30a Laughter Mad Libs AR 1:30p Guardian Angels Catholic Ministry AR Entertainment: Matthew Ball AR 3:00p Happy Hour! B 3:00p	10:30a Saturday Stretches AR 11:00a Care Packages for the Homeless Shelter AR 12:45p Thank you cards for Nurses AR 3:00p Saturday Matinee: 16 candles THR 6:30p Kentucky Derby Showing: Wear your best derby attire. B
05	06	07	08	09	10	11
CINCO DE MAYO 10:30a Sunday Stretches AR 11:00a Virtual Church Service AR 1:30p Quarter Bingo AR 3:30p Cinco De Mayo Party B 3:30p Cyber Seniors Introduction 1FA	10:30a Chair Yoga AR 1:00p Family Feud B 2:00p Prize Bingo AR 3:00p Martini Mondays B 4:00p Putt-Putt League AR	10:30a Get Fit with Legacy AR 1:00p Garden Club Meeting AR 2:00p Walking Club B 2:15p Tender Hearts (pre-registration required) AR 3:30p Resident Chat: Making Memories and Enjoying the Sun B	10:30a Weighted Workout AR 11:00a Bible Study w/the Andersons AR 2:00p New Residents Welcome Party B 3:00p Wine Down Wednesday B 3:00p Joke Telling Contest B	10:30a Chair Yoga AR 11:00a Outing: Kroger OUT 1:30p Netflix Series & Chat: Anne with an THR E 3:00p Birthday Party with Gene & Tonic B 6:30p THR Movie & Popcorn: Footloose	10:30a Weighted Workout AR 1:30p Guardian Angels Catholic Ministry AR 2:00p Resident Town Hall B 2:30p Walking Club B 3:00p Happy Hour! B	10:00a Intergenerational Activity: Girl Scout Troop craft AR 1:00p Therapy Dog Visit B 1:00p Saturday Stretches AR 1:30p Let's get fit with zumba AR 3:00p Saturday Matinee: Happy Gilmore THR
12	13	14	15	16	17	18
MOTHER'S DAY 10:00a Mothers Day Event B 10:30a Sunday Stretches AR 11:00a Virtual Church Service AR 1:30p Quarter Bingo AR 3:30p Cyber Seniors	10:30a Chair Yoga AR 1:00p Family Feud B 2:00p Prize Bingo AR 3:00p Martini Mondays B 4:00p Putt-Putt League AR	10:30a Get Fit with Legacy AR 1:00p Garden Club Meeting AR 2:00p Entertainment: Kyle Schippa B 2:15p Tender Hearts (pre-registration required) AR 3:30p Resident Chat: Making Memories and Enjoying the Sun B	10:30a Weighted Workout AR 11:00a Bible Study w/the Andersons AR 1:00p Wellness U: Legacy Health Chat B 3:00p Wine Down Wednesday B 5:00p Family Night! Murder Mystery DR	10:30a Chair Yoga AR 11:00a Outing: Casino OUT 1:30p Netflix Series & Chat: Anne with an THR E 2:00p Walking Club B 3:00p Entertainment: Steve Floyd B 6:30p Movie & Popcorn: 13 going on 30 THR	10:30a Weighted Workout AR 1:00p Art & Design: Cheerful Wind Chimes AR 1:30p Guardian Angels Catholic Ministry AR 2:00p Walking Club B 3:00p Happy Hour! B	10:00a Saturday Stretches AR 10:30a Let's get fit with zumba AR 1:30p Craft it Up! AR 2:30p Thank you cards/Goodie Bags for Troy PD, B 3:00p Saturday Matinee: Tower Heist THR
19	20	21	22	23	24	25
10:30a Sunday Stretches AR 11:00a Virtual Church Service AR 1:30p Quarter Bingo AR 3:00p Resident Choice Game Time B 3:30p Cyber Seniors	10:30a Chair Yoga AR 1:00p Family Feud B 2:00p Prize Bingo AR 2:00p Entertainment: Kelly Miller B 3:00p Martini Mondays B 4:00p Putt-Putt League AR	10:30a Get Fit with Legacy AR 1:00p Garden Club Meeting AR 2:00p Walking Club B 2:15p Tender Hearts (pre-registration required) AR 3:30p Resident Chat: Making Memories and Enjoying the Sun B	10:30a Weighted Workout AR 11:00a Bible Study w/the Andersons AR 1:00p Laughter Yoga AR 2:00p Chair Dancing AR 3:00p Wine Down Wednesday B	10:30a Chair Yoga AR 11:00a Outing: Dollar Tree OUT 1:30p Netflix Series & Chat: Anne with an THR E 2:00p Walking Club B 6:30p Movie & Popcorn: Talladega Nights THR	10:30a Weighted Workout AR 11:00a Fallen Solider Ceremony DR 11:00a Funny Vocabulary Quiz B 1:30p Guardian Angels Catholic Ministry AR 3:00p Happy Hour! B	10:30a Saturday Stretches AR 1:00p Art & Design: Joyful Collage AR 1:00p Therapy Dog Visit B 2:00p Let's get fit with zumba AR 3:00p Saturday Matinee: Murder Mystery THR
26	27	28	29	30	31	
10:30a Sunday Stretches AR 11:00a Virtual Church Service AR 1:30p Quarter Bingo AR 2:30p Entertainment: Smitty AR 3:30p Cyber Seniors	MEMORIAL DAY 10:30a Chair Yoga AR 11:30a Memorial Day: Flag Raising Ceremony O 1:00p Family Feud B 2:00p Prize Bingo AR 3:00p Martini Mondays B 4:00p Putt-Putt League AR	10:30a Get Fit with Legacy AR 1:00p Garden Club Meeting AR 2:00p Walking Club B 2:15p Tender Hearts (pre-registration required) AR 3:30p Resident Chat: Making Memories and Enjoying the Sun B	10:30a Weighted Workout AR 11:00a Bible Study w/the Andersons AR 11:30a Cornball Bingo AR 1:00p Chef's Cooking Demonstration AR 3:00p Wine Down Wednesday B	10:30a Chair Yoga AR 11:00a Outing: Zoo/Aquarium OUT 1:30p Netflix Series & Chat: Anne with an THR E 2:00p Walking Club B 6:30p Movie & Popcorn: Bench Warmers THR	10:30a Weighted Workout AR 1:00p Art & Design: Jokes "Rock" AR 1:30p Guardian Angels Catholic Ministry AR 2:00p Caption This! Happy Hour! AR 3:00p B	

All activities subject to change.