

Mind, Body & Spirit: All About the Body

RESORT LIFESTYLE COMMUNITIES • MAY 25TH, 2021



During the month of May, we continued highlighting our "Mind, Body & Spirit" theme and focused many of our activities on learning about, caring for, and enriching our bodies. Our recent events have been educational and entertaining! Read on for a glimpse inside our eventful activity calendar and see why we love living the resort lifestyle.

A Healthy Start



How we care for our bodies changes as we age—the health routine we had at age 30 may not be what we need at age 90.60. Our residents love to learn, and through educational events, we've been discovering what we need to know about senior health.

Nutrition is a substantial component to overall health. Our neighbors at [Creek Valley](#) (Ellisville, MO) and [DeerfieldSprings](#) (Loveland, OH) recently held health food seminars and learned how incorporating "super foods" like almonds and avocados into their diet can provide energy, decrease inflammation, and support cognitive function.

[Walnut Grove](#) and [Maple Ridge](#), both in Omaha, Nebraska, each invited local health providers to set up shop on Main Street to take part in fun and educational health fairs. Our residents spent the afternoon casually visiting vendor booths and learning about the products and services locally available—home care, physical therapy, audiology, podiatry, massage therapy, mobility, and more!

Phys Ed 101



Our bodies will always benefit from movement and activity, and how we exercise and move may change over time. Fortunately, effective exercise for seniors doesn't necessarily require a formal routine—but we're increasing our mobility and getting our blood pumping with activities that are as fun as they are unique.

Turning exercise into a game is the perfect way to get everyone involved. At [Towne Center](#) (Fayetteville, NY), our residents recently gathered for a rhythmic session of cardio drumming, an exercise activity that's just what it sounds like—synchronized drumming that unexpectedly works up a sweat. [River Valley](#) (Trumbull, CT) challenged the community to a virtual bowling competition on the Nintendo Wii gaming console, which had our residents on their feet mimicking their best bowling forms and techniques.

Even if an activity doesn't look like traditional exercise, it still counts! [Evergreen Crossings](#) (South Windsor, CT) declared it was time to boogie and treated our seniors to a prom night featuring popular music from decades past. Whether they took to the dance floor or simply clapped their hands or tapped their toes, the movement was a benefit for all.

Relax & Heal



Part of maintaining a healthy body is making time for relaxation and rest. Participating in a favorite hobby, connecting with nature, or simply taking time for mindfulness can greatly benefit overall wellbeing.

Baseball lovers at [Stone Oak](#) (Hilliard, OH) recently went on a group outing and spent the day at a local baseball game. The game lifted their spirits while the sunshine and fresh air helped renew their bodies. At [Sherrill Hills](#) (Knoxville, TN) and [Okatie Pines](#) (Okatie, SC), the community gardens have been abuzz with residents digging in the dirt, practicing their green thumbs, and helping their plants grow.

At times, a quiet moment can be the restful remedy we need to stay centered and decrease stress. To promote calmness, our residents at [Oak Park](#) (Katy, TX) celebrated Lavender Month by learning about the wellness benefits of lavender and creating their own calming lavender linen spray.

A Fun Way to Live Healthy

Meeting the needs of our bodies is made easier when you're living an all-inclusive lifestyle. Amenities like daily chef-prepared meals support your body, while our robust social calendar feeds your mind and soul. Overall, the resort lifestyle makes healthy and happy living second nature!

Want to join in the fun? Call your [local retirement community](#) to talk to our managers and RSVP to one of our events.