

Inside Lifestone



Homemade Treats

When the weather was not on our side, we turned up the heat in the kitchen! We baked delicious treats including a batch of snickerdoodle cookies and pumpkin spice cake topped with cream cheese frosting. Who needs sunshine when you have homemade treats to brighten your day?



Colorful Creativity

We let the magic of creativity pour in as we painted decorations for our rooms. What a wonderful bonding experience as laughter and joy filled the room.



Friendly Competition

Our living room transformed into a basketball court as we showcased our athletic skills with a friendly game of basketball. It's all about having fun and keeping those muscles moving!

Sunday Service

Being able to spend free time however one pleases should never change. So, you may find us at church on a Sunday. Honoring individual choices will always be important to us.





Happy Birthday

We celebrated the birthday of one of the members of our Lifestone family. We celebrated with laughter, cheers, and of course tasty birthday cake.



Coloring the Afternoon Away

Coloring is a healthy way to relieve stress and calm the brain. Not only that, but it's a fun relaxing way to spend some time, especially with our fun coloring pages.



Stress Awareness Month

The month of April is recognized as stress awareness month. Managing stress effectively is crucial to living a healthy lifestyle. Here are some tips to use for managing stress:

- Take deep breaths, stretch, or meditate
- Try to eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take time to unwind and participate in activities you enjoy
- Take time to talk to those you trust about how you are feeling



Hot Cocoa

Another delightful pastime for us here in our cozy home is gathering around the fireplace. We relished each other's company, accompanied by steaming mugs of hot cocoa.



Ice Cream Social

What better way is there to enjoy the evening than with some ice cream? We enjoyed our ice cream sundae topped with drizzled chocolate and a cherry on top.

Movie Nights

We had a few movie nights this month. Each movie night brought its own unique flavor, from heartwarming comedies that left us in stitches to gripping thrillers that had us on the edge of our seats.



Stress is a natural human response that is unavoidable. Instead of being harmful to us, stress can be used to empower and motivate us in our daily lives.