

Inside Lifestone



Exercise

One of the most important things one can do for all aspects of their health is to do regular physical activity. This is why we come every so often together to strengthen our bones and lower the risk of illnesses.

Library

We stopped by one of our local libraries because who doesn't love a good book? There, we browsed the shelves for new compelling books and magazines.



The Zoo

We had the opportunity to learn more about nature and animals we don't see on a daily basis at the zoo this month.



Sweet Treats

Along with the pleasant ride to Cloquet, we stopped for some sweet treats.

Sunny Skies

Summer has gone by in the blink of an eye. We make sure to get outside on our patio for Vitamin D as much as possible before the trees begin turning stunning shades of reds and oranges.



Animal Allies

This month, we visited our local animal shelter, Animal Allies, and spent part of our afternoon with our cute furry friends.



Movie

There have been many movies in theaters this year, so we went to watch one of these movies, *Sounds of Freedom*. The movie paired with movie theater popcorn made for an entertaining evening!

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.



Coffee

Sometimes, a warm cup of coffee or favorite café drink is all someone needs to lighten their day. This month we checked out a different local café. Their delicious drinks were definitely worth the drive!



Shopping

Who doesn't love shopping? Whether that's for groceries, electronics, or miscellaneous items at the mall, we're always ready to go for a shopping trip.



Feature of the Month

Each month this column will have some fun information. Last month it was a delicious strawberry lemonade recipe, and this month it's fun facts about the month of August.

Did you know...

- August was originally named Sextilis, which means the sixth month. It was named August in 8 BCE in honor of the Roman Emperor, Augustus Caesar.
- August is National Peach Month.
- August was once considered an unlucky month for weddings.

Staff News

Congratulations to Adaeze who completed her nursing assistant class along with the exams. Adaeze now continues to care for the clients with her CNA license.

