

Inside Lifestone



Summer Barbeques and more!

Our summer barbeque was definitely a blast. Beautiful weather, delicious food, and a bounce house, all with the addition of live music by Breanne Marie made for an amazing evening with family and friends. The evening barbeque was the perfect comeback since our last BBQ party before Covid. Lifestone was definitely buzzing with excitement. We look forward to continuing our summer BBQ tradition!



Happy Birthday

This month, two of our gentlemen celebrated their birthdays just a couple of days apart. We all gathered to celebrate with fun conversations, birthday songs, and of course, some tasty cake.

St. Louis County Fair

This year, we made sure to take a trip to the annual St. Louis County Fair that takes place in our hometown. We saw the livestock exhibit, had appetizing fair food, petted the baby kangaroo, and much more. What a time!



Congratulations...

Congratulations to Lifestone Health Care for being honored to receive the 2023 Aging Impact honorable recognition from the Arrowhead Area Agency on Aging for going above and beyond to serve older adults!



Ride along the Beach

The scenery of the sandy beaches of Park Point is one breath taking view. We crossed the bridge and drove along the coast of the one and only Lake Superior.

Caribou

When it's time to get out of the house for something relaxing, what better to do than spend some time at a local café? That's exactly what we did. We drove up to Caribou Coffee and took the afternoon one sip at a time.



In light of all the July Barbeques...

Here's a recipe for homemade strawberry lemonade!

Instructions:

- Puree 1/2 lbs of strawberries, and strain them through a fine mesh sieve.
- Over medium heat, stir together 1 1/2 cups sugar and 2 cups water.
- Boil, and stir until sugar is dissolved. Remove from heat and allow to cool to room temperature.
- Strain the lemon juice through a fine-mesh sieve into a 2-quart pitcher. Combine pureed strawberries to drink and refrigerate until cold.
- When ready to serve, add 2 1/2 cups of cold water and stir. Taste, and add more water if it's too sweet.

Enjoy :)



Congratulations...

Congratulations to our very own activities coordinator, Donna Sawyer who recently completed her leadership training!



Fresh from our Garden

Our garden has been blooming! From peppers to tomatoes, pretty soon we'll be able to cook savory meals with vegetable fresh from our garden!

