



Inside Lifestone



Decorating the Fireplace

Coloring is one way to relax and release the stress in our bodies. Apart from playing bingo and drinking hot cocoa, coloring by the fireplace is another pastime activity. While we're at it, we might as well decorate the fireplace in light of the upcoming holiday!



Cinema at Home

Our living room is the perfect fit for an at-home cinema. We enjoyed watching classics such as Moana or America's Funniest videos. Joy is spread one Disney song and laugh at a time!



Hot Cocoa by the Firelance

One of the best activities to do in this cold weather is cozying up by the fireplace, so that's exactly what we did. We played bingo by the fireplace with a cup of steaming delicious hot cocoa.

Brain Games

Many of us have a knack for puzzle-like games that make us rack our brains. This is why you'd find us playing hang-man, solitaire, and other fun games like these in our free time.





Butter Pecan Cupcakes

As we continue on our baking journey, one of the savory goodies we baked this month was butter pecan cupcakes with a touch of cinnamon topped off with banana. Yum!



Family Style Lunch

It's lunchtime! After arranging all the tables together, we ate our lunch family style. We socialized after our meals and simply enjoyed the companionship.



Thyroid Awareness

This January, let's shine awareness on Thyroid Awareness Month! Did you know that...

*Your thyroid produces hormones that regulate metabolism, energy levels, and body temperature.

*Thyroid disorders such as hypothyroidism and hyperthyroidism can impact your daily life.

*Recognizing symptoms early on and seeking medical advice is crucial for effective management.

Visit the American Thyroid Association website for valuable insights.

Be sure to follow Lifestone on social media for more helpful information!



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.

Ice Cream Social

What better way is there to enjoy the evening than with some ice cream? Once a week, we indulge in different flavors of ice cream while talking about whatever comes to mind.



A Little Friendly Competition

From a bean bag toss showdown to a basketball free-throw tournament, we enjoy the friendly competition as we showcase our athletic skills.

