

# Inside Lifestone



## Adventures at the Mall

We had an adventure at the mall this month. It was buzzing with vibrant energy as we wandered through stores, discovering new finds and enjoying every moment before swinging by the food court. Perfect day out!

## A Day Underwater

We stepped into the underwater wonderland at the aquarium. The coral reefs were vibrant and sea otters were playful. Every exhibit was marvelous!



## Lifestone Joins the Walk to End Alzheimer's/ Dementia

Lifestone has been selling promise flowers to support the Walk to End Alzheimer's, and we recently reached our goal at the end of the month! So many loved ones were remembered and honored. We will be walking our first Alzheimer's/ Dementia walk campaign on September 7th, 2024!

## YMCA Fundraiser

Lifestone supported the YMCA Lego Fundraiser earlier this month. Our president served on the judging panel for this event. The proceeds benefit the various community services the Y has to offer.







## Goulash

We had a luscious garden this year. Our organic fresh produce was used in many ways including one of the meals we enjoyed. This goulash was definitely a hit!



## Staying Active

Staying active is vital for promoting health and vitality. Regular activities like walking, stretching, or light strength exercises enhance mobility, balance, and overall well-being.



## Oatmeal Chocolate Chip Cookies

We continued our baking journey this month by making some Oatmeal Chocolate Chip Cookies and Rootbeer Float Pie. Here's a quick and easy recipe if you are interested in making some Oatmeal Chocolate Chip Cookies!

## Fresh Brews

Nothing is as wonderful as spending quality time with others, enjoying coffee, smiles, and great conversations. We strengthened our bond with one another, creating meaningful connections and memorable moments.



## Keeping up With Healthy Vision

Last month, we encouraged everyone to keep up with regular eye exams. At Lifestone, we are dedicated to coordinating healthcare appointments, including eye care to help our residents maintain their quality of life.



- Preheat oven to 350°F and line baking sheets with parchment paper.
- Cream 1 cup softened butter, 1 cup brown sugar, and 1/2 cup granulated sugar. Beat in 2 eggs and 1 teaspoon vanilla.
- Mix 1 1/2 cups flour, 1 teaspoon baking soda, and 1/2 teaspoon salt. Combine with butter mixture, then stir in 3 cups oats and 1 cup chocolate chips.
- Drop rounded tablespoons of dough onto baking sheets. Bake for 10-12 minutes until edges are golden.

## Out For a Walk

Who doesn't enjoy going outside to enjoy the sun hit their skin? We energized our day with a relaxing walk in the neighborhood with a side of beautiful weather.

