

Inside Lifestone

(218) 481-7306



Valentine's Day

We had a wonderful Valentine's celebration, creating beautiful Valentine's art, learning about the meaning of the day, sharing delicious treats, and filling the room with laughter and joy. We love celebrating together.



Work of Art

Beautiful artworks made at home with love filled our space with creativity and warmth. These beautiful paintings decorated our walls and made our home feel more colorful.



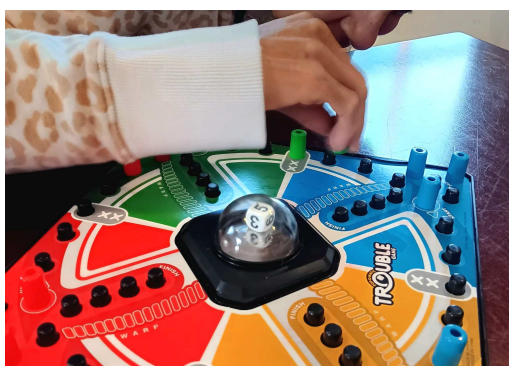
Game Day

This month, we spent a lot of time playing our board games, everything from Yahtzee to Trouble. In the evening, as we gathered around the table, rolled the dice, and laughed as the games got competitive.



Good Company

A great time with our community friends. We enjoyed conversations, caught up on the new year, and savored tasty treats. We treasure our time together each month.



Yahtzee		NAME	DATE	GAME NO.	SCORE
UPPER SECTION					
ONES	1-1	1	1	1	1
TWO'S	2-2	2	2	2	2
THREE'S	3-3	3	3	3	3
FOUR'S	4-4	4	4	4	4
FIVES	5-5	5	5	5	5
SIXES	6-6	6	6	6	6
TOTAL SCORE					
LOWER SECTION					
4 OF A KIND	ADD TOTAL OF ALL DICE	12	15	21	23
3 OF A KIND	SCORE 25	10	21	23	23
FULL HOUSE	SCORE 30	25	25	30	30
5 IN STRAIGHT	SCORE 30	26	30	30	30
4 IN STRAIGHT	SCORE 40	40	40	40	40
YAHITZEE (1, 2, 3, 4, 5, 6)	SCORE 50	50	50	50	50
CHANCE	SCORE TOTAL OF ALL 5 DICE	19	19	16	16
YAHITZEE BONUS	EACH BONUS SCORE PER			200	
TOTAL	UPPER SECTION	104	182	116	
TOTAL	LOWER SECTION		107	50	
GRAND TOTAL			289	166	



Coloring with a side of Hot Cocoa

Sunday's sweet moments with hot cocoa and therapeutic coloring.



Oatmeal Raisin Cookies

We baked some soft and chewy oatmeal raisin cookies that filled the kitchen with a warm, sweet aroma. They turned out so good, and we all got to share them, enjoying each bite together and savoring the simple pleasure of homemade treats.



Tabletop Fun

There are many ways to get movement during the day. We played a fun game that involved passing the ball across the table, which had everyone laughing and staying active.



National Wear Red Day

We got together to wear red on National Wear Red Day to raise awareness about cardiovascular disease, the number one killer of women. It was a meaningful way to show our support and remind each other of the importance of heart health. Caring for our hearts is an important part of caring for others.



American Heart Month

February is American Heart Month, a time when all people are encouraged to focus on their cardiovascular health. Heart disease is very common. In the United States, it is the leading cause of death for men, women, and people of most racial and ethnic groups.

Here are several ways to take care of your heart:

1. Stay active
2. Eat a heart-healthy diet
3. Maintain a healthy weight
4. Avoid smoking
5. Limit alcohol
6. Manage stress
7. Get regular check-ups
8. Get enough sleep
9. Stay hydrated

By making small, healthy choices every day, we can protect our hearts and live longer, fuller lives.

