

# Inside Lifestone

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## Happy St. Patrick's Day!

A touch of green, a bit of luck, and a day full of fun! From Shamrock shakes to games and laughter, we had a wonderful time celebrating St. Patrick's Day and exploring Irish traditions together. The energy and excitement made it a truly memorable day for everyone involved.



## Cookie Creations

Delicious homemade cookies, made with love and fresh out of the oven. These colorful sugar cookies were decorated with a touch of everyone's creativity. Sharing and enjoying them together made the experience even more special.



## Fun Card Games

We played matching card games, which were not only fun but also helped give our memory skills a boost. It was a lively activity filled with laughter, focus, and friendly competition.



# Stronger Together

We enjoy staying active and strong, keeping exercise as a fun and important part of our daily routine.



## Active Minds

Playing games like word finds and bingo is great for keeping our minds active and engaged. We enjoy doing these activities together and love the connection they bring.



## Nutrition Month

March was National Nutrition Month. It served as a great reminder that good nutrition plays an important role in health, strength, and quality of life at every age. At Lifestone, we understand that balanced meals and proper nutrition support overall wellness.

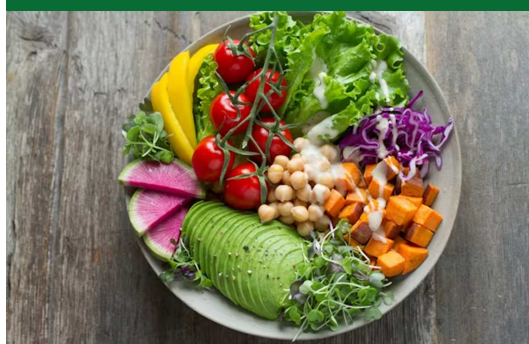
Here are some important things to keep in mind when it comes to nutrition:

-Aim for balanced meals that include fruits, vegetables, whole grains, and lean proteins.

-Stay hydrated by drinking plenty of water throughout the day.

-Choose nutrient-rich foods that support energy, strength, and overall health.

Be sure to connect with us on social media for more like this!



## Staff Meeting

Quarterly staff meetings are a meaningful time to come together and align on what matters most as we continue to provide quality care to our clients. We appreciate the dedication and commitment of our team.



## Sweet Moments Together

We always look forward to welcoming our friends from the community. We spent time catching up, shared what we are grateful for around the table, and reflected on the importance of friendship. And of course, we enjoyed some sweet ice cream together.

