

Inside Lifestone

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A Very Happy Easter

We started the month with an exciting Easter celebration! From decorating eggs to enjoying delicious Easter cookies, we had so much fun together. What a great start to the month!



Strawberry Chocolate Chip Cookies

When baked goods turn out right, there's something special about them. We had a fun time with this recipe.



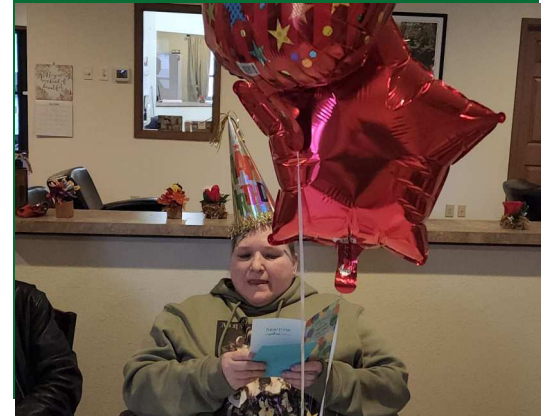
American Heart Association

Lifestone Assisted Living was proud to be part of the American Heart Association's 2026 Northland Go Red for Women event. Together with our family and friends, we proudly supported awareness, education, and healthier hearts in our community.



Happy Birthday!

It was a joy celebrating a special day for a special person. Wishing her a wonderful year ahead.



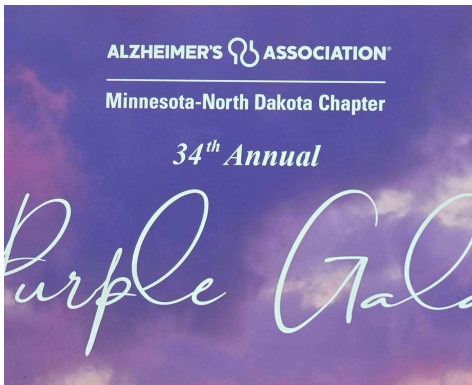
Creative Moments

We expressed our creativity by making fun collages! We painted and put together colorful words and pictures for a fun filled activity.



Alzheimer's Association

The leaders of Lifestone attended the Alzheimer's Association's 34th Annual Purple Gala, a beautiful evening filled with fun, purpose, passion, and a powerful commitment to a future without Alzheimer.



Stress Awareness

April was Stress Awareness Month. It was a reminder that managing stress is essential for both mental and physical well-being. At Lifestone, we understand that taking care of your mind is just as important as taking care of your body. Here are some important things to keep in mind when it comes to stress management:

- Take time each day to relax and recharge, even if it's just for a few minutes.
- Stay connected with friends, family, or support systems that help you feel encouraged.
- Prioritize healthy habits like sleep, exercise, and mindfulness to support overall wellness.

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

Gardening Journey

With the change in season, we planted cucumber and dwarf cosmos flower seeds, and now our little sprouts are here! We're excited to watch them grow throughout the summer.



Dancing with Stars

Lifestone was proud to sponsor the 4th Annual Singing with the Stars at the NorShor Theatre. We're honored to support efforts that help keep the performing arts thriving in our community.

