

Villas Monthly Activity Calendar - July 2021

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday			
								1		2		3			
4	Independence Day	5		6	2:30pm	Sit & Be Fit (MPR)	7		8	2pm	Sugar Cookie Day delivery	9			
					12pm	Fried Chicken Day Brunch (MPR)									
11		12		13	2:30pm	Sit & Be Fit (MPR)	14		15		16	2pm	Craft Seminar details to follow (MPR)	17	
18		19		20	2:30pm	Sit & Be Fit (MPR)	21		22		23	3:30pm	Weenie Roast (outside across from Bobbi's)	24	
25		26		27	2:30pm	Sit & Be Fit (MPR)	28	11am	New Resident Meet & Greet Lite lunch/punch	29		30		31	
												Christine Off-Vacation			



Active vs. Inactive

Don't Let Covid-19 Lure You Into Being Idle Or Lazy

Taking it too easy can be risky. The U.S. Surgeon General's office has reported that inactive people are nearly twice as likely to develop heart disease as those who are more active. They also report that a lack of physical activity can lead to more doctor visits, more hospital stays and/or more use of medications.

In addition, a lack of activity can have a negative effect on a person's personal freedom. Being sedentary can speed up the loss of the ability to do for oneself, and lead to person being more dependent on others.

On the other side of the coin, research has found that being physically active on a regular basis can help to prevent (or delay) many diseases and disabilities. These ailments include arthritis, high blood pressure and diabetes. At the same time, activity can improve a senior's mood and attitude, and help them to decrease and manage their stress.

Overcome Challenges

Yes, being active can be challenging for seniors. It can be hard to motivate yourself when energy is low, you are worried about falling down, or your joints ache a bit. And yes, exercise can be boring. Plus, restrictions due to the Covid-19 crisis are making shared activities more difficult.

Here are some suggestions.

- Use safe exercise machines - treadmills with handrails, stationery bikes, ellipticals, etc.
- Exercise using resistance bands.
- Take a lesson or class online - exercise, stretching, yoga, dance.
- Gardening, indoor or outdoor.
- Household chores - vacuuming, dusting, laundry, cooking, etc.
- Any activity you enjoy doing that gets you moving and/or is mentally stimulating.



June 4th was National Donut Day and the Villa residents enjoyed homemade donut holes from Chef Dennis Snyder.



FEATURING:

BUTTERFLY RELEASE

WINE- BINGO



Presents:

CORK★FORK



Wine, Brew, and Food Walk
A WRC Senior Services Fundraising Event

AUGUST 14, 2021 4-8 PM

For more information visit:
wrc.org or call 814-818-1205

