

Age Magnificently



April 2026



As we watch the snow melt away and spring is upon us, it's time to think about our health! Here are 7 things you can do to promote your health..

1. Exercise- Try 30 minutes of exercise 5 times a week, walk outside, join Michaela's morning exercise group, try the NuStep.
 2. Eat a healthy diet- instead of dessert-eat fruit.
 3. Sleep- we need at least 7 hours of sleep.
 4. Rethink what you drink.
 5. Wear sunscreen-protect your skin and avoid a painful sunburn.
 6. Wear insect repellent-mosquitoes and ticks can leave painful bites and expose you to disease you don't want.
 7. Reduce stress- meditate, be thankful, support each other.
- You all deserve the best, so be good to yourselves!

•First Item

Heidi

Upcoming events and outings:

Outings: Thursday, April 16th- Coborn's Market & Table; Saturday, April 18th Plymouth Rockers at Wayzata HighSchool; Saturday, April 25th- Vintage Market at the Maple Grove Community Center; Thursday, April 30th Michael Jackson movie at the Plymouth Cinema (Time to be Determined).

Entertainment : Monday, April 6th: Music with Michael Riddle; Wednesday, April 8th at 2:00PM , Highway 12 Project Presentation; Wednesday, April 15th Music with Tomi; Thursday, April 23rd- Ladies Tea; Friday, April 24th Music Russell Schmidt; Friday, April 24th Volunteer Recognition Party.

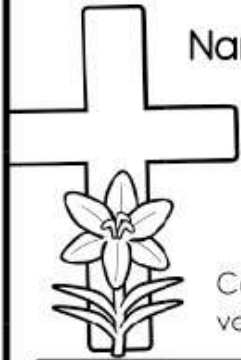
Robotic Soccer starts in April, scrimmage on Tuesday, April 21st, and competition on April 28th. Crafts, Bonfires, socials, exercises & more!

We want to welcome our Chaplain Nikki! She will be here one day a week.

We've all heard the golden rule, "Do unto others as you would have others do onto you."

While it's important to show grace to others, we also need to find ways to shower grace on ourselves. Showing grace to yourself means that you practice self compassion, understanding, acceptance, and forgiveness of self. Giving yourself grace is a choice. Giving yourself grace takes practice, but it can heal you and bring you deep peace and joy.

Whatever grace looks like for you today-give it to yourself! Let go of the things you do not have control over. Instead, do what brings you inner-self peace and joy. Make a list. Then, do one thing today from that list that will put joy in your heart and bring peace to your soul.

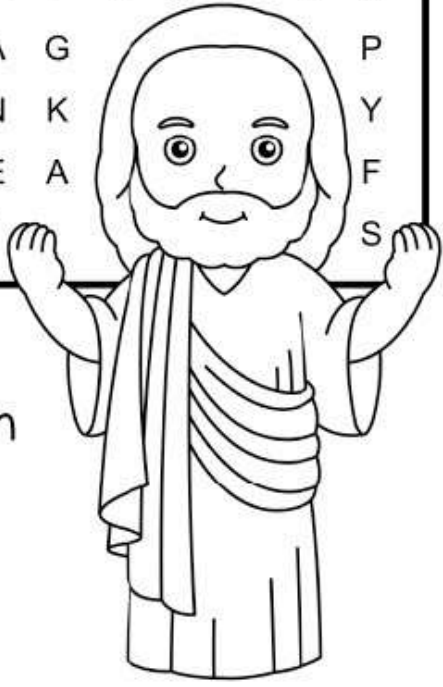


Name: _____

Happy Easter

Can you find the words in the word search below? They can be horizontal or vertical, and forward or backward.

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crucifixion
resurrection
tomb
ascend
king
prayer

sacrifice
Jesus
church
thorns
angel
rejoice

cross
redemption
nail
faith
disciples
Messiah