

GARDENS

NEWSLETTER
FEBRUARY 2019

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Valentine's Day Jokes

**One smile, can start a
friendship. One word,
can end a fight. One
look, can save a
relationship. One
person, can change
your life.**



FEBRUARY BIRTHDAYS

4th – David Strickland

25th – Karen Cole-Dale

6th – Joan Demick

7th – Ruth Alexander

23rd – Gerald Moran

Help celebrate February Birthdays on February 21st at 2:30 pm



Wellness Clinic will be held in the Library February 7th 9 am to 11 am.

National Heart Healthy Month

1. Start Slow

Regardless of age, it's easy for anyone to get carried away by the excitement of starting a new exercise program. However, rushing into too much too quickly can be a recipe for failure -- especially for seniors. Why? Because sedentary bodies need to adjust to movement again.

2. Do It Every Day

Committing to regular exercise has a number of benefits, including improving energy levels, enhancing your mood, weight control, better sleep, and decreased risk of everything from hypertension to cardiovascular disease. Just 30 minutes of walking a day can yield incredible benefits, but for now, if you can manage just five minutes of strategic movement and fitness, daily efforts will lead to growth over time. More crucial than moving your body everyday is moving your body the right way everyday. Participating in a fitness class can help ensure that you are performing the correct types of exercises in the correct way.

3. Stretch

While endurance-boosting cardiovascular exercises might be the first type of physical activity that comes to mind, it's one of several fitness activities critical to achieving optimal health. Also important? Flexibility. Don't forget stretching! These can be done easily at home using a sturdy chair or the wall for balance. Just make sure to warm up before stretching to avoid injuries.

Check the Activity Calendar for all available classes!



Love Yourself First Exercise Program

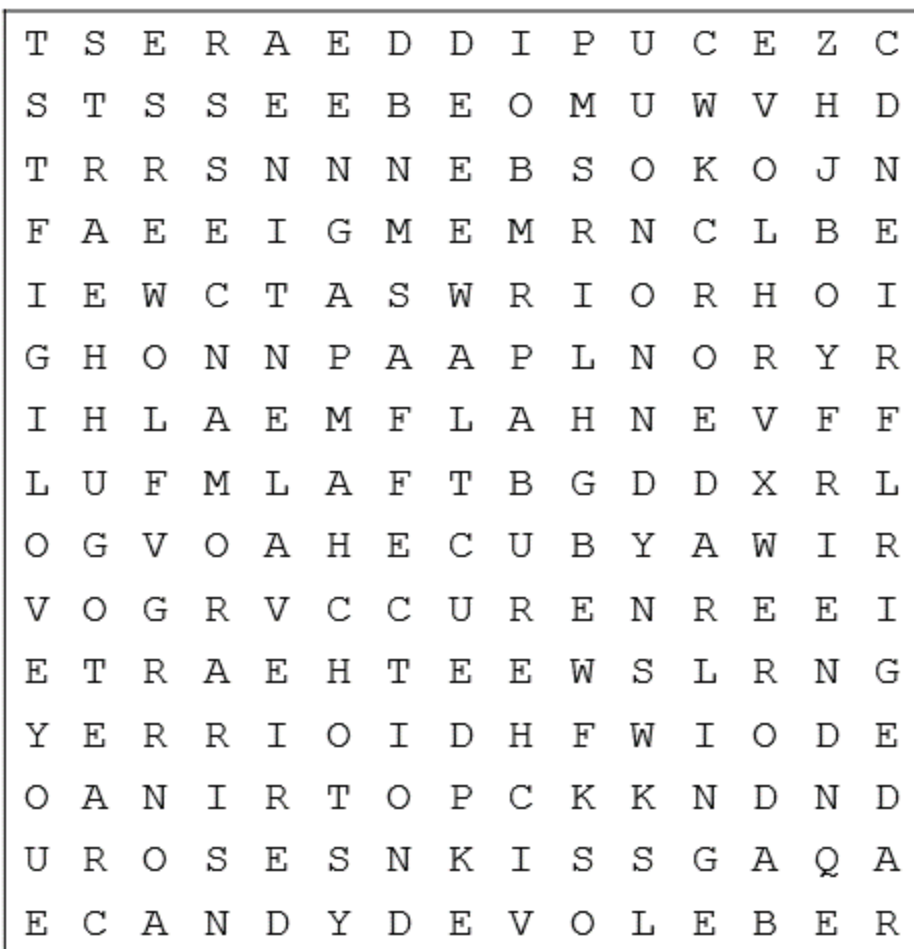
- 1) **Walking from Room to room or along hallways:**
Walk on the spot and begin with 2 minutes. Increase to 5 minutes and then progress to walking from room to room. Begin with 5 minutes and then increase every day. Walking along the Gardens hallways is always encouraged and handrails are a good safety feature.
- 2) **Wall Pushups:**
Begin with 5 and add more every day until you can do 15.
- 3) **Rising up on toes:**
Lift up on your toes while standing on both feet. Begin with 5 and add more until you can do 15. To progress you lift up on one toe while standing on one foot. Begin with 5 on each foot and add until you reach 15.
- 4) **Toe Taps:**
Tap your toes alternately while holding onto a solid object. Begin with 2 minutes and increase time until you are up to 5 minutes. Progress to tapping your toes alternately without holding on. Have a chair or counter close by to support yourself, if necessary.
- 5) **Seat Walks:**
Lift your hip and shift your weight over while sitting in a chair. Begin with 2 minutes and increase time to 5 minutes.
- 6) **Getting up from a chair:**
To get up from a chair first get to the edge of chair, plant feet apart enough so you create a solid base (hip width), look out at eye level, and tighten glut muscle as you stand. Use arm rests and increase to 15. To progress, eliminate the arm rests and cross your arms on your chest. Begin with 5 and progress to 15.
- 7) **Leg Lifts:**
Lift your leg (front, side and back) 5 repetitions for each movement. Increase as you get stronger and until you can do 15 on each leg.
- 8) **Reaching:**
Standing out from a wall extend and reach your arm out to the side, up and front as far as you can. Begin with 5 repetitions in each direction and repeat with opposite arm. Add more until you can do 15.
- 9) **Standing Stretch:**
Lower leg stretch involves a chair in front of you, straight back while holding back of chair with both hands. Step forward with one foot and keep knee bent while extending the other leg straight back. Hold this position for 10 seconds and then relax and repeat. Change leg and repeat for 10 seconds. Increase until you can do 30 seconds on each leg.
- 10) **Seated Stretch:**
While sitting on a chair raise your one leg so it is extended onto the seat of another chair. Knee should still have a flex and hold this position for 10 seconds. Relax and repeat. Stretch the opposite leg and hold for 10 seconds and repeat. Increase to 30 seconds on each leg.

These exercises will help keep you fit and healthy but always check with your medical practitioner prior to beginning any new program. You are always welcome to join our fitness classes at the Gardens and it's a great way to stay fit and have fun. Activity Department.



Valentine's Day

February 14th



ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY
CHAMPAGNE
CHERUB
CHOCOLATE

CUPID
DARLING
DEAREST
FLOWERS
GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS

LOVE
PINK
POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE



A Love Story...

Ruth was born in Toronto, Don was born in Newfoundland.

When Don was 7 years old (the youngest of 8 kids!) his parents moved to Toronto – His much older sisters had moved there and said it was a much more civilized place – with electricity! His Dad was captain of a cod fishing boat.

They used to say “ you go out the back door of the house and hit your head on the arch or go out the front door and drown!”

We met at 17 years old in West End Toronto. We lived in the same area but went to different schools and churches. I went to a Baptist Church and Don went to a United Church which were only a few blocks apart.

A school friend of Don’s brought him to a square dance at my nearby Baptist Church and we clicked!

We were married in 1957 in the same church we met in. (I later switched to his United Church) We have two adult children and one Grandson. We have had lots of adventures including, living in Newfoundland for a year, where Don taught school. We also lived in England for a year when he took a sabbatical year and we travelled all over England, Wales, Scotland, Europe and Morocco.

I know I had a “Wonderful Life” and certainly had lots of adventures!

~Ruth Inkpen



Valentine's Day Jokes

Q: Did Adam and Eve ever have a date?

A: No, they had an apple!

Q: What did the flame say to his buddies after he fell in love?

A: "I found the perfect match!"

Q: Why do skunks love Valentine's Day?

A: Because they're scent-imental creatures!

Q: Why shouldn't you fall in love with a pastry chef?

A: He'll dessert you.

Q: How did the phone propose to his girlfriend on Valentine's Day?

A: He gave her a ring!

Q: What did one Beet say to the other on Valentine's Day?

A: "You make my heart beet faster!"



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