

The New Year is a new opportunity to refocus on your goals. As an older adult, you have a lot that could make your resolution list. From health and wellness to family to-do, making goals and sticking to them will help support a bright future.

Eat more fruits and vegetables: No matter your age, fruits and vegetables are part of healthy diet. All adults should eat at least 5 servings of fruits and vegetables a day. Choose produce, rich in vitamins and minerals, in a variety of colours to ensure you get plenty of different nutrients. Dark leafy greens, bright citrus and red berries are just a few tasty examples.

Stay physically active: No matter how old you are, it is important to stay physically active. Mild to moderate physical activity with minimal impact can do wonders for the body and mind.

Stay mentally active: Your mental health is just as important as your physical health, so make time to give your brain a workout, too. Reading, crossword puzzles and Sudoku are simple activities that can be done virtually anywhere. Learn new things that challenge the brain grows new brain cells. The socialization is wonderful for staying positive and connected.

Stay socially active: Research shows that social connection improves quality of life, but it can be harder to stay socially active as you age. This year, make your relationships a priority. Set up a weekly time to chat or have dinner with family members. Get to know your neighbors by exchanging phone numbers or consider joining a community organization or church group.

JANUARY CELEBRATIONS!

New Year's Day

January 1

Orthodox Christmas Day

January 7

Orthodox New Year

January 14

Tu B'Shevat (Arbor Day)

January 21

Birthday Celebrations!

Salvatore

January 1

Elsa Luisa

January 18



R.I.S.E.

ADULT DAY PROGRAM FOR SOCIAL CONVIENING & SUPPORT

Rekindling Individual Self Expression

JAN 2019



Wishing you all a
New Year with
Blessings
of Love, Joy, Warmth
and Good Health.
**Happy
New Year!**



HAND CARE PROMOTION

Lumacare has trained Personal Support Workers available to provide hand care

- Sanitize and clean nail beds
- Moisturize hands and forearms
- Nail Filing
- Hand Massages
- Painting of the nails

For more information
Please call: 416.398.5511

Wednesday
January 23, 2019
11:00am-12:00pm
2972 Islington Ave
Unit 1
RSVP with
Brigida Estandian
Phone 647.340.3299

FOOTCARE CLINIC

Contact Info

Brigida Estandian
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JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day Program Closed	2	3 New Year's Art Pop Up New Year's Card Fitness Bean Bag Toss	4 New Year's Day Puzzles Saying "Happy New Year" Fitness, Ring Toss	5
6	7	8 Rock Art String Art Painting Fitness Volleyball	9	10 New Year's Traditions & Resolutions Fitness Board Game	11 Math Puzzles Alphabet Code Fitness Sing-Along	12
13	14	15 Word Puzzles Junk Drawer Detective, Fitness Fact or Fiction	16	17 Jeopardy Word Search Fitness Target Golf	18 Scruples Category Puzzles Fitness Hat Art	19
20	21	22 Sorting and Sequencing Matching Puzzles Fitness, Bean Art	23	24 Calligraphy Mosaic Snowflakes Coaster Fitness Scattergories	25 Compliment Day Trivia Fitness Ring Toss	26
27	28	29 Caddy Craft Cranium Crunches Fitness Ball Dart	30	31 Baking Best & Worst Advice Fitness Spoon Puppet		