



## Staying Physically Active



Physical activity is important to include during your daily routine. Physical activity has many health benefits and should be something that you enjoy doing. The benefits from activity can provide positive impacts on your life, even if you have not been physically active.

It is recommended to complete 150 minutes of physical activity a week. A personalized plan should be completed prior to starting any new physical activity and should include medical clearance from your primary care physician. Physical activity should be based on your body's capabilities, limitations, chronic diseases, and environment.

Make sure to complete exercises in a safe manner. If you are unaware of how to complete an activity, seek help from a certified personal trainer. Exercise should not hurt or cause major discomfort. If you feel any of this, stop activities immediately.

### Types of exercising

There are different types of exercise that should be included in your plan. These types are cardio, strength, and balance.

### 2. Pros of exercising

Physical activity is important to incorporate in your daily routine to help burn calories. Burning calories helps burn

achieve or maintain a healthy body weight while boosting your metabolism. Physical activity can also help strengthen your muscles, boost balance, and may help with arthritis pain. Physical activity has benefits to help with digestion and help promote better sleep.

Physical activity should be included in your daily routine and planned. Place desired activity on your calendar every day to ensure you allot time to complete exercise. Include family members, friends or neighbors into your physical activity routine for accountability as well as company.

There are many barriers that one can face when it comes to physical activity. Barriers can come in all different sizes. Having a plan ahead of time will ensure that healthy habits are made and sustained. Your plan should include strength, endurance, and flexibility exercises.

### Activities

**There are some activities that are great examples of safe and fun activities.**

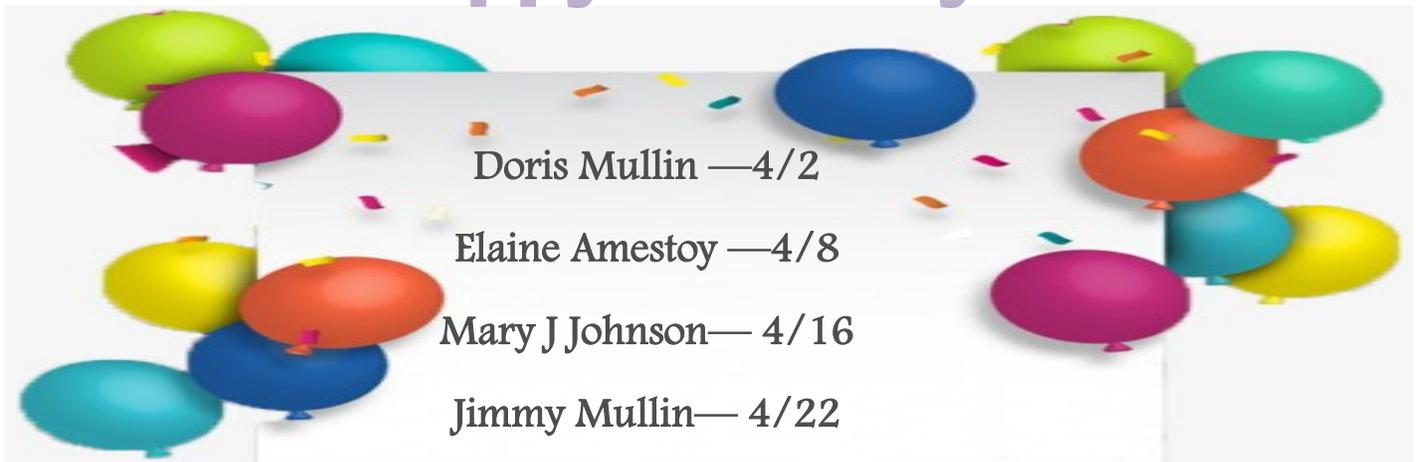
1. **Walking ( walk on safe sidewalks, around stores and around your home.)**
2. **Swimming**
3. **Dancing**
4. **Take classes (Yoga, Tai Chi)**
5. **Outdoor gardening with manual tools**
6. **Chair exercises**
7. **Take the stairs**
8. **Walk in place during commercial breaks**
9. **Reaching for things above your head**



# Challenge your brain

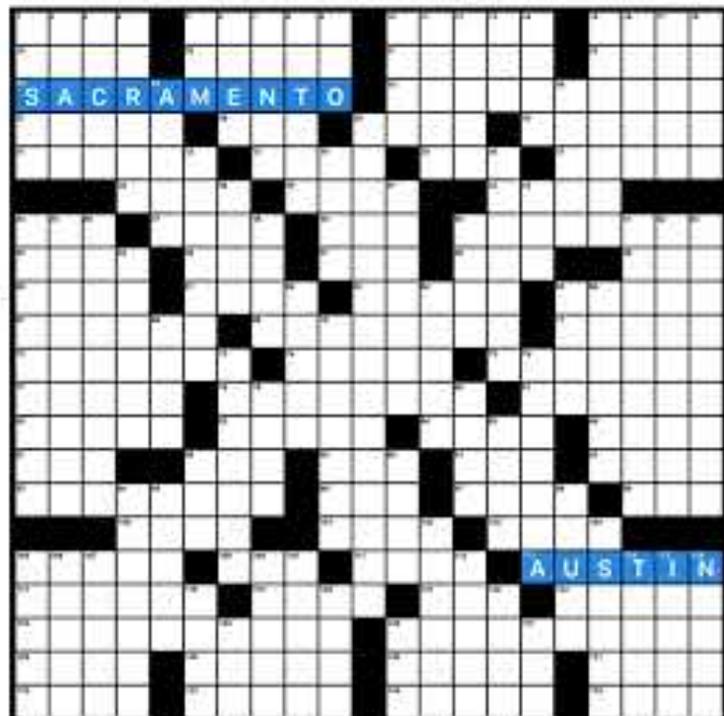
Whether it's learning a new language or driving a new route to work, your brain loves tackling fresh tasks. Things like crossword puzzles, Sudoku, chess, or reading are all good for your brain. Make it a goal to keep learning as you age. Keep learning and trying new things to boost your brainpower. It may help lower your chances of Alzheimer's disease.

## Happy Birthday!!



### STATE CAPITALS

- |                            |                 |
|----------------------------|-----------------|
| 5a. Idaho                  | 29d. Missouri   |
| <del>23a. California</del> | 32d. Washington |
| 25a. Florida               | 41d. Georgia    |
| 50a. South Carolina        | 46d. Tennessee  |
| 75a. Mississippi           | 62d. Oregon     |
| 113a. Texas                | 70d. Arizona    |
| 117a. Massachusetts        | 73d. Nebraska   |
| 124a. West Virginia        | 76d. Maine      |
| 126a. Pennsylvania         | 102d. New York  |





**STAFF** Spotlight  
**Erica Webster**  
**Lodge Cook**

1. Where did you grow up?

Colorado, United States

2. What is your favorite movie?

The Princess Bride

3. When you were little, what did you want to be when you grew up?

Marine Biologist

4. What was your first job?

Petsmart

5. If you could visit anywhere In the world you've never been, where would you go and why?

Antarctica, for science and comfort

6. What are some of your pet peeves?

Loud noises

7. Do you have any secret talents?

Yes....

8. What are you passionate about?

Kindness

9. What advice did your parents/grandparents give you that you remember the most?

Never let them see you cry

8. Do you have a favorite family tradition?

Opening PJ's Christmas Eve

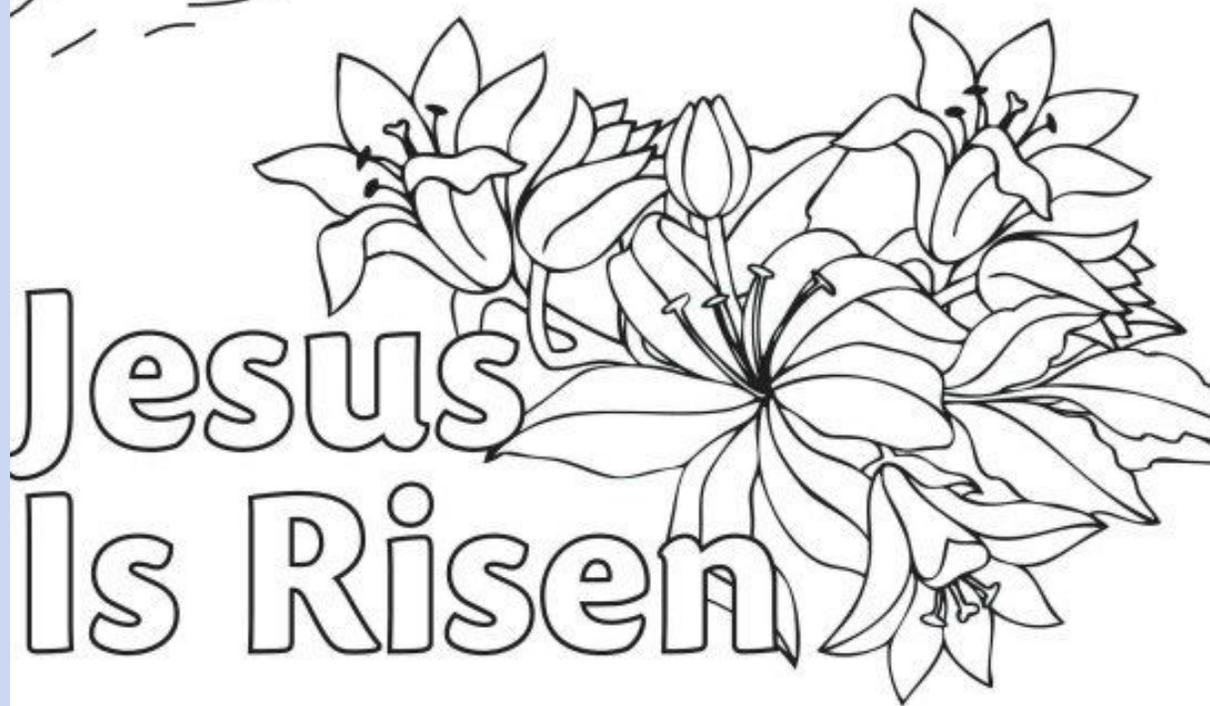
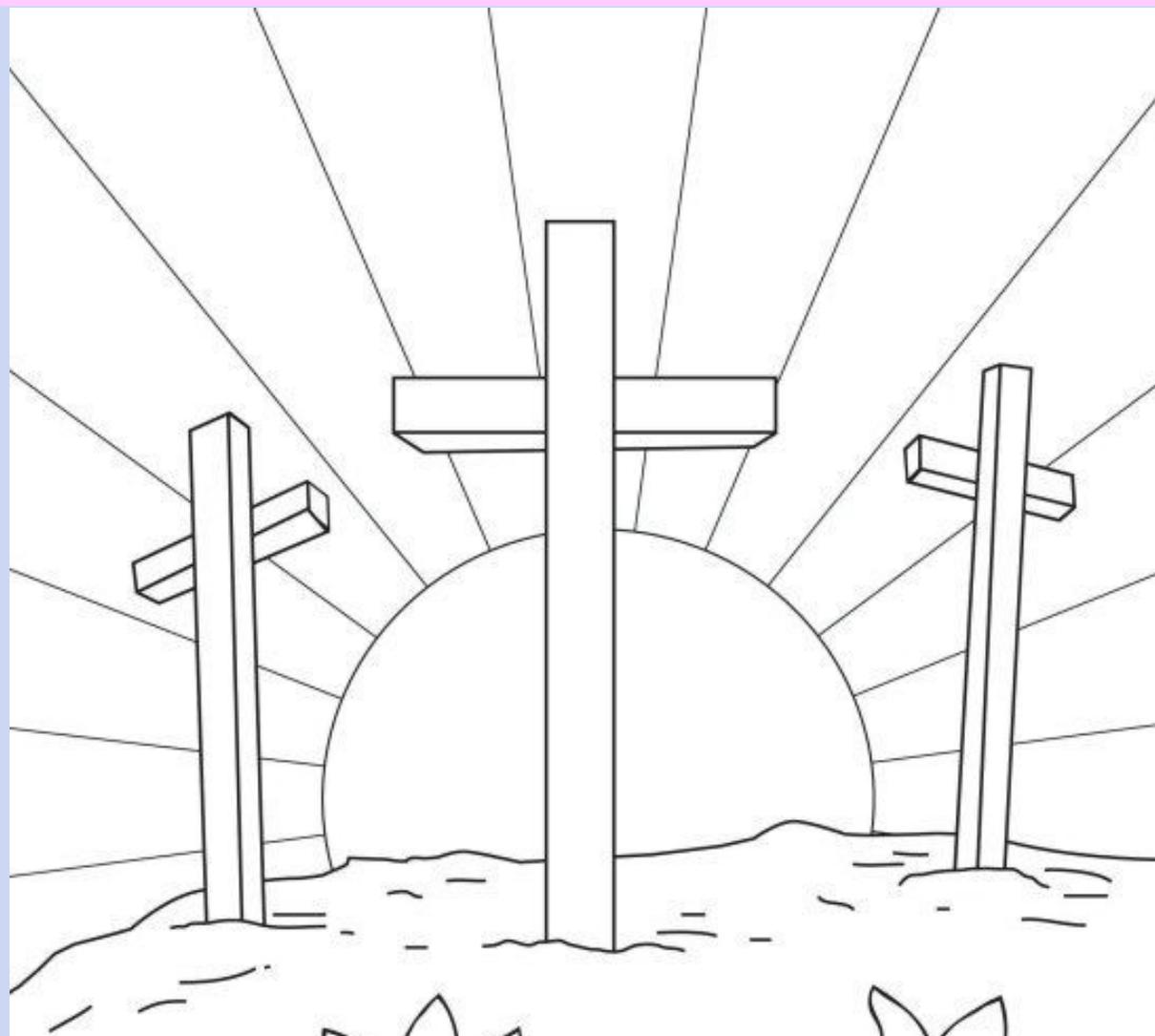
9. What is your favorite holiday?

Halloween

# EASTER PRAYER FOR THE SOUL

Dear Lord in heaven,  
Thank you for restoring my soul and  
leading me down the road of  
righteousness. Thank you for your holy  
spirit in my heart. I bless your holy name. I  
ask that you restore my strength each  
morning. Help me live a life of dignity. Let  
my soul rejoice every day. Help know your  
voice and follow suit. Help me turn off  
voices of this world. Let me not be  
attracted to the beauty of this earth  
strengthen my soul to look forward to  
paradise. Let hold on to my faith and  
never waver. This Easter I pray that you let  
me spring forth good things. Let my soul  
produce blessings and goodness  
let my life reflect your grace and riches  
thank you for your love

*Amen*



Jesus  
Is Risen

# Easter

## TRIVIA

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- Q.1. In which country did Easter Bunny originated?
- Q.2. Which celebration immediately precedes Easter?
- Q.3. What is an Australian alternative to the Easter Bunny?
- Q.4. Which plant has come to symbolize Jesus' resurrection?
- Q.5. What is the Friday before Easter usually called?
- Q.6. What was written above Jesus' head on the cross?
- Q.7. What kind of cloth was used to wrap the body of Jesus?
- Q.8. Which U.S. President held the first Easter Egg Roll?
- Q.9. Who did Pilate release instead of Jesus?
- Q.10. What kind of crown did the Romans give Jesus?
- Q.11. Which country boasts the largest Easter egg collection?
- Q.12. Which bread product is associated with Easter?
- Q.13. What is the traditional Easter bread in Russia?
- Q.14. What pagan goddess is often associated with Easter?
- Q.15. What does tradition of Easter egg symbolizes?

- 6). King of the Jews    11). Poland    4). Lily    10). Crown of Thorns  
8). Rutherford B. Hayes    3). Easter Bilby    14). Ostara    12). Pretzel  
15). Rebirth    1). Germany    5). Good Friday    9). Barabbas    2). Lent  
13). Kulich    7). Linen

# April 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>7</b> 2:00 PM Movie/Popcorn/ drinks 3:00 PM Coffee Time	<b>1</b> 2:00 PM Bingo 3:00 PM Coffee Time	<b>2</b> Doris Mullin 2:00 PM Church Services-	<b>3</b> 9:00 Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	<b>4</b> 2:00 PM Church Services – Pastor Meehan 3:00 PM Coffee Time	<b>5</b> 9:00 Chair Exercises 3:00 PM Coffee Time	<b>6</b> 2:00 PM Bingo 3:00 PM Coffee Time/ Specialty Drinks (Italian Sodas, Wine, Beer, Electric
<b>14</b> 2:00 PM Finger Nails - Fire-side 3:00 PM Coffee Time	<b>8</b> Elaine Amestoy 9:00 Chair Exercises 3:00 PM Coffee Time	<b>9</b> 9:00 Catholic Mass 12:45 AM Staff Meeting 3:00 PM Coffee Time	<b>10</b> 9:00 Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	<b>11</b> 2:00 PM Church Services – Pastor Meehan 3:00 PM Coffee Time	<b>12</b> 9:00 Chair Exercises 3:00 PM Coffee Time	<b>13</b> 2:00 PM Bingo 3:00 PM Coffee Time/ Specialty Drinks (Italian Sodas, Wine, Beer, Electric Lemonade)
<b>21</b> 2:00 PM Movie/Popcorn/ drinks 3:00 PM Coffee Time	<b>15</b> 9:00 Chair Exercises 3:00 PM Coffee Time	<b>16</b> Mary J Johnson 2:00 PM Church Services- Methodist	<b>17</b> 9:00 Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	<b>18</b> 3:00 PM Coffee Time 6:00 Church Services – Pastor Meehan	<b>19</b> 9:00 Chair Exercises 3:00 PM Coffee Time	<b>20</b> 2:00 PM Bingo 3:00 PM Coffee Time/ Specialty Drinks (Italian Sodas, Wine, Beer, Electric
<b>28</b> 3:00 PM Coffee Time/ Root beer floats	<b>22</b> Jimmy Mullin 9:00 Chair Exercises 3:00 PM Coffee Time	<b>23</b> 2:00 PM Church Services-Methodist 3:00 PM Coffee Time	<b>24</b> 9:00 Chair Exercises 2:00 PM Bingo 3:00 PM Coffee Time	<b>25</b> 2:00 PM Church Services – Pastor Meehan 3:00 PM Coffee Time	<b>26</b> 9:00 Chair Exercises 3:00 PM Coffee Time	<b>27</b> 2:00 PM Bingo 3:00 PM Coffee Time/ Specialty Drinks (Italian Sodas, Wine, Beer, Electric Lemonade)
						
					<b>Self Directed</b> ♦ Puzzle Tables	<b>Activities</b> ♦ Walking Path



THE  
**LODGE**

Managed by  
SIDNEY HEALTH CENTER

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