



Age Magnificently



May 2025

Fairway Pines Senior Living Community

Happy Birthday!

- **2nd - Alice Peters**
- **15th - Judy Peifer**
- **22nd - Avonel Kjellberg**



Join us in the Dining Room on May 30th during Happy Hour to celebrate! Cake, drinks, and entertainment from the Boot Scooter Line Dancers!

Your Good Mood is More Than Just a Pleasant Feeling. It's Important!

Giving your mood a boost changes things! Getting happier can influence your sleep patterns, appetite, memory, energy, and even how well your body heals. As we age, staying emotionally well is just as important as staying physically strong. Everyone has some down days. But there is lots of easy ways to bring yourself back up again.

Activities that bring you joy - like movement, sunlight, and connection - can help your brain release natural feel-good chemicals like serotonin and endorphins. And the good news? Improving your sense of well-being can be enhanced with tiny, consistent choices you make.

- Step outside. Natural sunlight helps your body make Vitamin D, which supports a healthy mood. Even five minutes outdoors or near a sunny window can help.
- Move your body. A few stretches, a hallway walk, or dancing to music that makes you happy can lift your spirits.
- Enjoy an energizing snack. Add something nourishing to our diet now and then. A handful of nuts, a few berries, or a little piece of dark chocolate can help fuel your brain and body.
- Try a two-minute reset. Close your eyes, and inhale slowly through your nose for a count of four. Hold that breath for four more. Then exhale through your mouth for six. You'll see the difference! Just a few rounds will calm you.
- Plan for things to look forward to or revisit something you used to love. "Today I'm going to..." What will it be? Even a small activity - like reading a magazine, taking out your paint set, calling a friend, or attending a performance - can add structure and lift to your day.

Many of us are well-aquainted with grief. Indeed, as we have experienced losses and changes and endings, we may experience grief as a constant companion—one that sometimes stirs suffering within us. Author Kate Bowler shares a blessing for us in times of grief, recognizing that grief is a holy space in which we can encounter the presence of the divine and the compassion of others. Receive this excerpt from this blessing from Kate's book Good Enough: *Blessed are you, dear, dear one, doing this holy work of suffering what must be suffered. Of grieving what has been lost. Of knowing the unthinkable truth that must be known. This grief can make you feel on the other side of glass from the world around you, a force field separating your different realities. Yet blessed are you in your reality, for yours is the one most seen by God, who breathes compassion upon you, even now. Who has walked this path, and who leans toward you, gathering you up into the arms of love. Rest now, dear one. You are not alone.*



JOIN US FOR

CASINO DAY!

MAY 3RD FROM 2-6PM

IN THE FAIRWAY PINES DINING ROOM

WE WILL HAVE:

- **A BLACK JACK TABLE**
- **HUMAN SLOT MACHINE**
- **PLINKO**
- **HORSE RACING**
- **AND A FEW OTHER GAMES!**

-SMALL PRIZES TO
WIN WITH TOKENS
-BIGGER BASKETS
WILL BE RAFFLED

