

# Important Information

2067 Hwy 4

Panora, IA 50216

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**MAY - 2017**

Panora, IA 50216

## Contact Information

### Manager:

Brenda Johnson  
641-757-9993  
manager@thelakesidevillage.com

### Community Relations Coordinator:

641-757-9800  
Welcome@thelakesidevillage.com

### Health Care Coordinator:

Melissa Case  
641-757-2928  
Nurse@thelakesidevillage.com

### Culinary Coordinator:

Marla Hammer  
Culinary@thelakesidevillage.com

### Life Enrichment Coordinator:

Nancy Marks  
Lifeenrichment@thelakesidevillage.com

### Maintenance Coordinator:

Mark Hammer  
641-757-0083  
Maintenance@thelakesidevillage.com

## Resident Birthdays

### MAY - 2017

Dee K. 26th



## Melissa Case ~ Nurse's Notes

May is National Physical Fitness and Sports month. Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. This month is a great time to spread the word about the benefits of getting active. Physical activity can lower the risk of heart disease, type 2 diabetes and some types of cancer. It can also lower the risk of falls and improve cognitive functioning (like learning and judgement skills). During the month of May, we challenge everyone to get 30 minutes of physical activity everyday. May is also Mental Health Awareness month. Taking a walk outside in the fresh air and sunshine helps to replenish your vitamin D levels. Visiting with friends and neighbors, joining a new activity, reading a funny or watching comedy can also help. If you find that these solutions are not working for you, find a trusted friend or a professional to talk about your feelings.

Seven Lakeside Village residents are pictured here. Not picture



Your best memories are made on the red carpet for you!



641-755-3443  
www.thelakesidevillage.com



# The Lakeside Village Vine

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## Scenic Drives

Many residents have been enjoying the many scenic drives we have been going on recently. Just a reminder that there are only so many seats on the bus, so if you plan to go, please get signed up early.

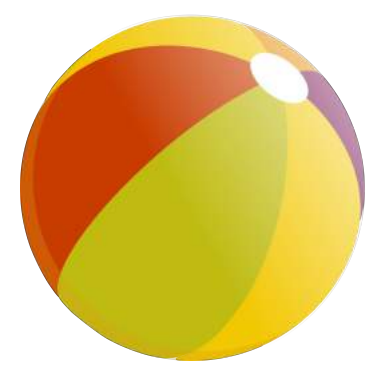
## Just Ethel's Happy Hour On The Deck

10 residents enjoyed going to eat Supper at Just Ethel's in Yale. It was a very fun evening.



## Beach Ball Fundraiser

The Lakeside Village will be donating 3 Cakes To the Beach Ball Fundraiser. Cakes will be made and decorated by Marla Hammer.



# The Lakeside Village Vine

## Lakeside Residents Celebrate EARTH DAY!

The Residents at The Lakeside Village celebrated Earth Day with AC/GC High School students. We Read, About how and when it started, and worked on a crossword puzzle and ate "dirt cups" with them.



The Lakeside Village is celebrating Earth Day

with desserts at 2:30. If you plan to attend let your mother or grandmother know or R.S.V.P. to Marla or Nancy by Monday, May 8th. Thank you!  
**or Nancy Marla or Nancy by Monday May 8th. Thank you!**  
**by Monday May, 8th to Marla or Nancy.**

## May Happenings at The Lakeside Village

- Tuesday 2nd—trip To Walgreens @ 1:00pm
- Wednesday 3rd—trip to Dollar General @9 am. & May Birthday Party @ 2:30 P.M.
- Wednesday 10th— Music with Jerry Michaels @ 10 A.M. & Mother's Day Dessert @ 2:30 P.M.
- Friday 12th—Lunch at Prime Time @10:45 A.M.
- Friday 19th & 26th —Therapy Dogs
- Wednesday 24th— Bill Tillman @ 10 A.M.
- Thursday 25th— Scenic Drive, Walmart, Lunch at Burger King leaving @ 10 A.M. back by 2:00 P.M.
- Every Wednesday—Music Speaks
- Every Tuesday and Thursday 9 am —Live 2 Be Healthy

(Open to the Public)  
 Every Thursday—Happy Hour