

# IMPORTANT INFORMATION

2067 HWY 4 JANUARY-2018 PANORA, IA 50216

## Contact Information

### Manager:

Amanda Creen  
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

*Dorothy S. 14th*

*Diane C. 19th*

*Dwayne F. 19th*

*Ayleen S. 26th*

*Carole C. 27th*



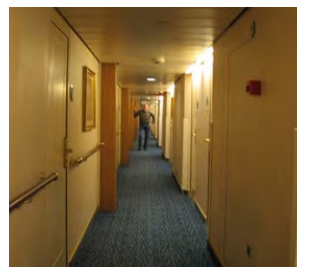
Call us anytime (641-755-3443), day or night. We're here to assist you to the best of our ability!

# THE LAKESIDE VILLAGE VINE

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## Winter Walking and Staying Healthy

Keeping physically fit through the winter can be tough. However, here at The Lakeside Village, we offer many opportunities to help you stay fit. There is the exercise room on the 1st floor, which is open 24 hours a day, 7 days a week for residents to walk on the treadmill, use the recumbent bike, or the new step machine. Chair exercises are offered twice a day in the Fireside room, Live 2 B Healthy is every Tuesday and Thursday morning, and balance exercises are Monday and Wednesday at 1:00. We also have a walking club, which walks once a day. During the winter months we will keep walking in the hallways instead of going outside in the chilly weather. The Silver Sneakers website offered several ideas of walking “differently” to keep the fun in walking. They suggest you meditate while you move, listen to upbeat music while you walk, breathe to the beat of your steps, try a walker-friendly race, incorporate low-intensity intervals and trying some “fancy footwork”. It is also suggested that you take the stairs if you are able, and plan to walk for 20 to 30 minutes a day, at least 5 days a week. You can find the full list on the Silver Sneakers website, along with a walking schedule 30 calendar for beginners, or ask Nancy for your own copies.



*Make your resolution for 2018 to be more physically and socially active. Learn something new this year.*



Your best memories are made on the lake...

Rolling out the red carpet for you!



641-755-3443

www.thelakesidevillage.com





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## Fun with the AC/GC H.S. students and The Grinch



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## Decorating Christmas Cookies



## Puppy Playground



*H*appy New Year from  
The Lakeside Village!

## JANUARY — Highlighted Events at The Lakeside Village

- January 1— Happy New Year!
- January 2 — Trip to Walgreens
- January 3 — Birthday Party for January
- January 4 — School Reading Buddies
- January 10 — Music with Jerry Michael
- January 11 — Podiatrist comes today
- January 14 — Gospel Sing First Christian Church
- January 16 — Resident Meeting
- January 18 — School Reading Buddies
- January 19 — Supper at Just Ethel's in Yale
- January 29 — Shopping at Wal\*Mart or Shopko
- \*\*NEW Tuesdays at 2:00 — Sit and Knit in the Fireside Room
- Wednesdays at 1:30 — Puppy Playground
- Most Mondays and Wednesdays 1:00 — Balance Exercises
- Every Tuesday and Thursday 9 am — Live to Be Healthy
- Every Thursday at 3pm—Happy Hour