

## MAY 2017 TRIP SCHEDULE

- 2-PENNSAUKEN LIBRARY 1:00
- 10-AL SHOP RITE 9:30
- 11-AL DOLLAR TREE 930
- 16-PENNSAUKEN LIBRARY 1:00
- 17- AL WALMART 9:30
- 18-AC TRIP 9:30(BRING MONEY TO EAT, THE BUS DEPARTS FROM AC 3:00 YOU WILL BE BACK IN TIME FOR DINNER
- 24- AL & ALP VILLAGE THRIFT 9:30
- 24- VERCHIO'S PRODUCE 1:00
- 25-AL & ALP ASSOCIATED SUPERMARKET 9:30
- 25-PENNSAUKEN FOOD TRUCK NIGHT 3:30(BRING AT LEAST \$15.00)
- 31- PENNSAUKEN LIBRARY 1:00



### Benefits of Playing Bingo

1. Enhances hand and eye coordination
2. Boosts cognitive abilities
3. Improves physical health
4. Increases socialization
5. Accelerates healing and recuperation

Please attend Benefits of Playing Bingo Friday May 19, 2017 1:00pm in The Pub.



### Brain Fitness

If you've ever heard the following expression, "your life is what you make it" you know it's important to use your brain everyday to help you make better choices on how to spend your day. Here are some ways to help you boost brain fitness;

Take a walk inside or outside your home for a t least 30 minutes everyday. You can even break your walks down to 10 minutes in the morning, then afternoon and after dinner.

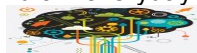
Watch your weight by making better food choices, try limiting your caffeine intake and stay away from the junk food and sodas.

Get enough rest and stay on top of your health concerns with your health care professionals.

Use memory tools to help you remember things. Jot down your daily routine and carry it with you, play games when you need to remember names, associate a person's name with something familiar to you such as; Alice Jones, (Alice in Wonderland), Ben(Big Ben) and so on. You can use whatever tricks to help you remember names, places, things and events.

Did you know that having a daily negative attitude shrinks your temporal lobe which controls learning and memory and the cerebellum part coordination. Thinking and utilizing positive thoughts and energy helps your brain to function better.

Staying connected to family and friends is important everyday. Socialization is one of the best things you can do for your brain, get out and do something for yourself. Pay visits, call/text/tweet/email/Skype/Facetime, go shopping, walking, play games, do crosswords or word search, jigsaw puzzles, play Bingo or other board games, read, sew, knit, crochet, play cards, paint, color, join a club, start a group. The point here is to do something for yourself and your brain everyday.



Ivystone Senior Living  
7999 North Route 130  
Pennsauken, NJ 08110  
Phone 856-488-5557  
Fax 856-488-0523



### May Community Events

Ivystone Derby Day is Saturday May 6<sup>th</sup> at 1:00pm in the Pub. Joe from activities will your host for the event. Please bring your Ivystone bucks to place your bets on the "Ivystone Horses". This is an RSVP event for the Pennsauken community but does not require sign-ups for residents.



We have limited seating for our Mother's Day Hat Bingo on Friday May 12<sup>th</sup>. This requires sign-up at the front desk with 6 seats from AL and 6 seats from ALP. This event is open to the Pennsauken community and RSVP's are required by everyone.



### Ivystone Residents Memorial Service

Tuesday May 23, 2017 at 2:30pm in the Bistro we will host a Memorial Service for all Ivystone Residents that passed away since January.

### Atlantic City Trip

Our first trip to Atlantic City is Thursday May 18, 2017 at 9:30am. Please note that we will be gone through lunch and back by dinnertime. Be sure to bring money for food and recreations of your choice.



## The Vine AL Monthly Calendar/Newsletter May 2017

*My first teacher taught me to how to live, love and laugh-Thanks Mom*



### May 2017 Monthly Highlights

- 2-Every Tuesday Walk n roll Club (weather permitting out front) 2:30pm
- 3-Derby Day Naming of the Horses B 1:00pm
- 4- Afternoon Movie-Woodlawn B 1:30pm
- 5-Food Committee Meeting TP
- 5-Happy Hour Cinco de Mayo B 2:30pm
- 6- Ivystone Derby Day TP 1:00pm (Bring your Ivystone bucks to bet)
- 6-Kentucky Derby 5:30pm B
- 8-Traveling Dollar Store 1:00pm TP
- 10-Age Out Loud Older Americans Month Discussion- 1:00pm TP
- 11- Marie's This & That 11:00am TP
- 11- Afternoon Movie-The Legend of Tarzan 1:30pm B
- 12-Happy Hour-Wine & Cheese 2:30pm B
- 13-Mother's Day Pre-Celebration w/ Folkloric Entertainment 1:30pm B
- 14-Mother's Day Banana Split Social 2:30pm B
- 18-Afternoon Movie Life on the Line 1:30pm B
- 19-Happy Hour Pizza 2:30pm b
- 23-Ivystone Residents Memorial Service 2:30pm B
- 26-Happy Hour Iced Coffees 2:30pm B
- 27-Monthly Birthday Party 2:30pm B
- 28-Patriotic Social 5:30pm B
- 29-Memorial Day Social 1:30pm B



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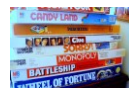
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Pennsauken, NJ 08110  
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## The Vine ALP Monthly Newsletter/Calendar May 2017

Mama was my greatest teacher,  
a teacher of compassion,  
love and fearlessness.  
If love is sweet as a flower,  
then my mother is that sweet flower of love.  
Stevie Wonder



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