

LIFE IN MOTION

ARBOR HOUSE ASSISTED LIVING AND MEMORY CARE, 5250 MEDICAL DR ROCKWALL, TX 75032 469 338-0204



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Let's get Physical!

There are many benefits of exercising for older adults. Physical activity contributes to longevity. Some of the physical health benefits are: weight loss and maintaining weight loss, reducing the impact of illness and chronic disease, enhancing mobility, flexibility and balance. In addition, it helps improve sleep, boosts mood and self-confidence, and does amazing things for the brain.

Here at Arbor House in Rockwall, we do chair exercises five days a week. We are also incorporating chair Yoga and a once a month exercise circuit where we try new things. Below are pictures of our first exercise circuit where we used weights, blew up balloons for our lungs, stretched with noodles, chin tucks and patty cake for coordination. It was fun trying new things and the residents said they really enjoyed it and would like to continue adding new exercises to their routine.



Helen and Betty are motivating each other to stretch. Jean is working on her chin tucks, Beverly is exercising her lungs and Arline showing off his arm strength.

Helpful Hints you can do yourself

1. If you want to know if a battery is charged, throw it on the floor from a height of about 6 inches. If it bounces off the floor only once, then it is charged. If more than once the battery is low.
2. To increase the luminosity of a small flashlight, attach it to a clear plastic bottle filled with water.
3. In order to disguise the scratches and damage to wooden furniture, rub them with shelled walnuts.
4. To keep pizza warm on the way home turn on your seat warmer!
5. Use removable picture hooks to keep plastic shopping bags used for trash liners in place (the white plastic sticky hooks).
6. Use bread clips to save flip flops with split holes (the plastic clip with hole in top).
7. Use a staple remover to save your finger nails when trying to add things to your key ring.
8. Use toilet paper rolls to organize your cords!

National Sewing machine Day



Look at our garden!



80's Flash back



Bob and Norma looked great in their 80's get up. The staff also joined in the fun with Dwight bringing back Elvis and Constance as Tina.

Independence Day Facts

The Fourth of July—variously known as Independence Day or July 4th—has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution. On July 2nd, 1776, the Continental Congress voted in favor of independence. Two days later, delegates from the 13 colonies adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 to the present day, July 4th has been celebrated as the birth of American independence, with festivities ranging from fireworks, parades and concerts to more casual family gatherings and barbecues.

The city of Rockwall will be hosting their own Fourth of July celebration on July 4th at 9:00

a.m. @ Harry Myers Park located at 815 E. Washington St. in Rockwall. Celebrate an old fashioned Independence Day with parade, live music and fireworks display! Live music at 5:00 and fireworks kicks off at dusk.

Free to the public



Upcoming Engagements

07/02 Patriotic photos

07/11 Piano player

07/19 Nasher Sculpture Garden

07/24 Cook out day

Restaurant/Shopping dates

07/05 Hobby Lobby

07/07 Gloria's Restaurant

07/12 Wal-Mart

07/14 McAlister's Deli

07/21 Oar House

07/26 Sears

07/28 Mellow Mushroom

Father's Day pics

Thank you to all family members who made this day extra special.



Arbor House Assisted Living
and Memory Care
5250 Medical Dr.
Rockwall, TX 75032

Postage
Information



It was a great day to fly a kite so we did. Arline's kite caught a good tail wind and took flight and Beverly and Earl cheered him on.

Resident of the month.



Helen Fletcher has lived at Arbor house since July 2010. Helen likes to attend devotion, Bible history, a whiz with trivia and she loves happy hour. Helen was born in Colorado city, TX and she sold real-estate. She has two children. Helen's birthdate is June 15th and she is proud to be seventy- seven years young. Helen, you are a joy, a lot of fun and a good sport; we are so glad you are a resident here at Arbor House in Rockwall.