



**ANNANDALE HEALTH & WELLNESS  
CENTER**

500 Park St E.  
Annandale MN, 55302

Newsletter Date  
Spring 2019

## Newsletter

### Get Out ,Be Active and Connected!

Winter can be tough on not only our bodies, but our minds as well. This is the time of season where winter temperatures and storms can leave us to choose to be indoors more often. For some of us it might be the fear of falling outside. For others, it might a feeling of depression due to the lack of sunshine or people around. The National Institute on Aging (NIA) encourages us to try to stay active and better connected if possible. This helps by combatting loneliness and social isolation. Staying indoors too much can impact the following areas of our health: weakened Immune system and muscles, heart disease, dementia, depression and early death. Here are a few ideas on what you could do during this time of year.

#### Ideas for staying connected

- Find an Activity that you like doing.
- Learn something new
- Get Moving!-Exercise
- Volunteer
- Stay in touch with:
  - Family
  - Friends
  - Neighbors
- Adopting a pet.

#### Ideas of places to volunteer locally

- Annandale Health & Community Services
  - Annandale Care Center
  - Centennial Villa
- Senior Dining
- Community Band
- Annandale Food Shelf
- Community Education
- Annandale Free Store
- Area Clubs of interest
- Annandale Meals on Wheels
- Residential area: Help a neighbor
- Pioneer Park
- Camp Friendship
- Annandale Schools
- Local Area Churches
- Other Local Business
- Community Organizations

#### Websites to Reference

Article information:

[https://www.nia.nih.gov/health/infographics/stay-connected-combat-loneliness-and-social-isolation?utm\\_source=NIA+Main&utm\\_campaign=b2831cbdb9-20190201\\_lonelinessIG&utm\\_medium=email&utm\\_term=0\\_ffe42fdac3-b2831cbdb9-18427943](https://www.nia.nih.gov/health/infographics/stay-connected-combat-loneliness-and-social-isolation?utm_source=NIA+Main&utm_campaign=b2831cbdb9-20190201_lonelinessIG&utm_medium=email&utm_term=0_ffe42fdac3-b2831cbdb9-18427943)

Volunteering Information:

<https://www.ci.buffalo.mn.us/wp-content/uploads/2014/05/Booklet-Volunteer-Opportunities.pdf>

How to contact us: [Wellnesscenter@ahcsmn.org](mailto:Wellnesscenter@ahcsmn.org) or 320-274-1470

**Things to Do:**

Annandale Business Expo:

When: April 13, 2019  
 Time: 8:00am-1:00pm  
 Where: Annandale High School  
 Cost: FREE

Wellness of Wheels (WOW):

When: March 21<sup>st</sup>, April 18<sup>th</sup>, May 21<sup>st</sup>  
 Time: 2:00pm-6:00pm  
 Where: Annandale City Hall  
 Phone: 800-362-3667 Ext: 7516

Stepping On Falls Prevention

When: April 11, 2019 - May 23, 2019 on Thursdays  
 Time: 1:00pm-3:00pm  
 Where: Allina Buffalo  
 Cost: Free  
 Register: 763-684-7025

Annandale Caregivers Group:

When: 2<sup>nd</sup> Thursday of the month  
 Time: 10am-11am  
 Where: St. Ignatius Common Area  
 Contact: Nita 763-443-5535 or Renee 320-274-5745

**Past Monthly Quotes**

**December 2018:**

Don't give up. One day you'll look back and be glad you didn't.

**January 2019:**

Each new day is a new Opportunity to improve yourself. Take it. And make the most of it.

**February 2019:**

You won't always love the workout, but you will always love the results.



**BRAIN EXERCISE**

AHWC WORD FIND							WORD LIST
S	P	A	C	I	L	E	HEART
A	H	E	A	L	T	H	SHAPE
H	E	A	R	T	I	D	PEOPLE
W	M	B	D	C	M	W	CLASS
E	S	W	I	M	E	N	POOL
L	P	O	O	L	C	E	HEALTH
L	E	P	A	H	S	S	CARDIO
N	O	B	Z	W	X	I	SWIM
E	P	N	A	E	L	C	GOAL
S	L	O	D	L	A	R	WELLNESS
S	E	C	A	Z	B	E	GROUP
A	R	O	J	X	S	X	JOG
Y	G	R	O	U	P	E	SPA
V	T	P	G	F	C	Y	EXERCISE
G	C	L	A	S	S	F	TIME

**Class Schedule**

**Monday**

Water Exercise (8am),  
 Aerobic Exercise class (9am),

**Tuesday**

Tai Ji Quan II (8:30am), Silver & Fit-Experience (11am), Tai Ji Quan I (1pm), Silver & fit- Explore (2PM), Water Exercise (4pm)

**Wednesday**

Water Exercise (8am),  
 Aerobics Exercises class (9am),

**Thursday**

Tai Ji Quan II (8:30am), Silver & Fit-Experience (11am), Tai Ji Quan I (1pm), Silver & fit- Explore (2PM), Water Exercise (4pm)

**Friday**

Water Exercise (8am),  
 Aerobic Exercise class (9am)