



ANNANDALE HEALTH & WELLNESS
CENTER

500 Park St E.
Annandale MN, 55302

Newsletter Date
Winter 2019 - 2020

Newsletter



A New Year 2020 and New Beginings

It won't be long and the year 2019 will come to an end. With that comes the time to reflect on all that has happened. Wheater it was good or bad, something new or old happend, it brought us joy or sadness, goals that have been started, in the middle or completed. We tend to look back. Why? Often it allows us to gain perpective on ourselves. What we want to have happen and where we want to be. We can look at what has worked and what has not. We learn from it. That is what life is all about. Trying and accepting what we can not change, or looking for ways to do what we can to help. Then we look ahead.....NEW YEAR'S RESOLUTIONS.....

We start by looking at what we want to accomplish, do, or try in the next year. Some of the areas you might be looking at are the following:

Health & Fitness- to eat better and exercise more

Family & community- touching bases with grandchildren, neighbors, church

Independence-schedule services to help keep you on track

Creativity- try a new class, gardening, painting

Fun- try a new resturant

Personal Purpose- to volunteer at community organizations, and schools

How do you set your goals? You'll need to ask yourself the following questions: What is the purpose for the goal,What are some small steps you can take to achieve it, How will you motivate yourself, What are you expectationsKeeping these in mind as you look forward to the new year. Don't forget that a goal can always change to meet the best of your abilities, which can change from time to time. Be patient, realistic and understanding. You will always a winner by taking steps towards being HEALTHY and increasing your personal WELLNESS. It's never to late to be the best you!

Website:

<https://blog.ioaging.org/caregiving/goal-setting-seniors-motivate-elderly-support-progress/>

Things to Do:

Holiday Train in Annandale:

When: December 12, 2019

Time: 7:15pm

Where: West side of Veterans Memorial Park

The Main Street Holiday

When: December 14, 2019

Time: Shop local business (Varies), Live Reindeer (2:30-6pm), 5K run (2pm), Meet; Elsa and Kristoff & Santa, Horse Drawn Trolley (3-6pm) Holiday Lights Parade (6pm)

Wellness of Wheels (WOW):

When: Dec 19th, Jan 16th, Feb 20th

Time: 2:00pm-6:00pm

Where: Annandale City Hall

Phone: 800-362-3667 Ext: 7516

OboeBass-Musical program

When: Dec 20th, Jan 24th

Time: 3:30pm

Where: Annandale Health & Wellness Center

Cost: FREE & open to public- Invite family, friends, children, and grandchildren

Program information: <https://www.oboebass.com/>

Annandale Caregivers Group:

When: 2nd 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

October 2019: Your one step CLOSER- Ever day SO Don't give up TODAY!

November 2019: Healthy Living: Eat Better, Positive thinking, Feel Good, Regular Exercise

December 2019: Every day is a fresh start. Get Healthy.



BRAIN EXERCISES

Exercise #1:

- Make a fist with your left hand and then raising your thumb.
- Holding this, make a fist with your right hand but extend your pinkie finger.
- Now switch them over.

Exercise #2:

- Use your non-dominant for tasks like: brushing your teeth, eating, and using your computer mouse.
- It increases brain activity and a good workout.

Exercise #3:

- Read a book aloud with someone.
- The brain works 3 different areas when reading aloud and listening to someone else.

Class Schedule

As of January 6, 2019

Monday

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

Tuesday

Tai Ji Quan Review (1PM) - See Below, Silver & Fit Explore (2pm), Water Exercise (4pm)

Wednesday

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

Thursday

Silver & Fit Explore (2pm), Water Exercise (4pm)

Friday

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

Tai Ji Quan I and Tai Ji Quan II Review:

January 7th & 21st 1:00 PM

February 4th & 18th 1:00 PM