

livfun

The Linden at Stonehaven Square
ASSISTED LIVING

MAY 2020 · MAY FLOWERS

Social Distancing!

We found clever ways to see our families and still practice social distancing for birthdays, outdoor concerts or just to say hey! We are all in this together and will be together again!



Yes, that's right; they were talking on their cell phones!



Book Club!



Pinot's Palette at the Linden!

More talent at the Linden.



MaryAnn sharing her talent!

90th Birthday, Social Distancing Style



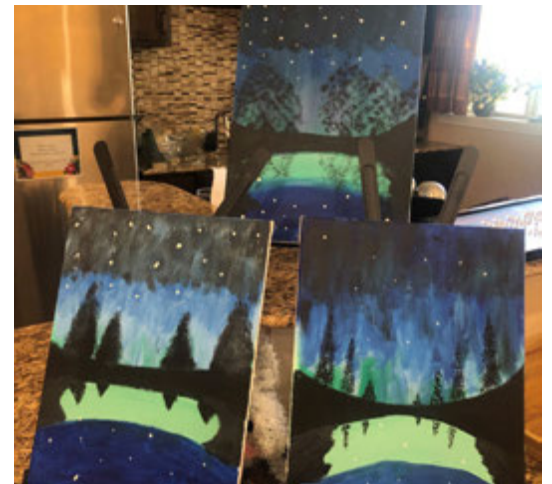
Will be together soon...



Happy 90th, Queen Nanette!



Great job, Beverly.



Guess whose is whose!

May Birthdays

Carl Filskow, 1st
Ray Schmidt, 5th

Reeves Ingold, 8th
Reba Harvey, 22nd

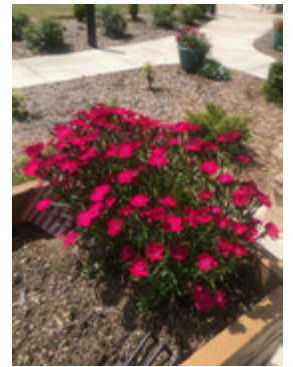
Gardens Around the Globe

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Dale's garden! Just the beginning!



Beautiful!

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Nong Nooch Tropical Botanical Garden – The coastal city of Pattaya, Thailand, is home to 600 acres that showcase and conserve hundreds of native plants. Thai culture is also highlighted in dance performances and martial arts demonstrations.

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We can still start our garden, probably be our best garden yet! Go Dale, go!

New Sewing Room at The Linden!

Every day you can join the Linden Ladies as they create in their special Sewing Room. Next Project: Linden Masks!



Linden Ladies know how to sitich!

Concerts at The Linden

While practicing Social Distancing, our Linden Family enjoyed music.



Party on the Patio!



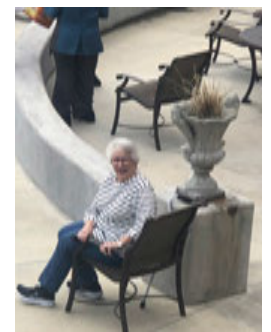
Thanks to Rose Rock for rock'in it!



Justin with Rivercross shares his love and music.



The Colonel and Otis enjoyed the music!



Margo likes Rock and Roll!

THE LINDEN AT STONEHAVEN SQUARE

10802 East 81st Street
Tulsa, OK 74133
918-339-3300

Staff

General Manager

Collin Coburn

Sales Manager

Brittany Burridge

Sales Advisor

Brett Baker

Sales and Move-in Coordinator

Brittney Welch

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Danny Perkins

Health and Wellness Director

Kristina Timoshenko, LPN

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Mitzi Whinery

Assistant Program Supervisor

Rikki Rowe

Receptionists

Tammy Parks
Celeste Harris

Drivers

Michael Nero
Jason Eurich

Plant Operations Supervisor

Brandon Richey

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Please know that we are working hard to keep you connected. For our most recent updates, visit www.leisurecare.com/communication-plan. Please speak with your management team if you have any questions.

U.S. Military Mottos

What branch of the U.S. military uses the motto or slogan listed?

1. Aim High ... Fly-Fight-Win
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Feathered Friends

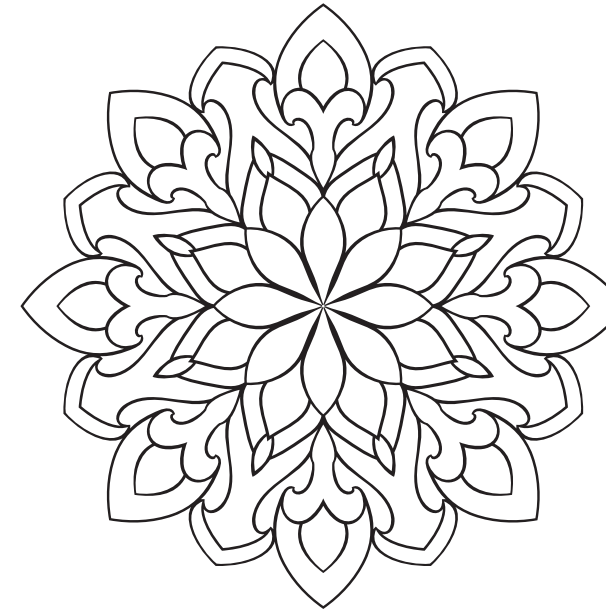
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O	D	M	A	W	O	B	I	P	A
V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
E	L	I	L	E	R	H	W	A	O
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- | | |
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Mandala Meditation

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Simple Ways To Practice Mindfulness

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Puzzle Solutions

U.S. Military Mottos Answers

1. Air Force; 2. Marine Corps; 3. Army; 4. Coast Guard; 5. Navy

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Take a Closer Look

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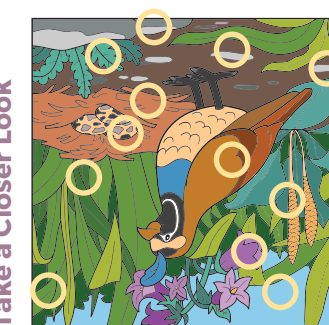
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Q	U	A	P	E	T	M	A	C	T
K	I	B	S	T	O	R	E	I	T
E	N	O	P	I	E	K	H	W	O
V	K	B	G	O	R	C	R	I	M
O	D	M	A	W	O	B	I	P	A
S	P	A	R	R	G	I	S	O	K
C	O	N	W	O	N	N	I	L	A
R	O	D	D	R	O	D	U	N	K

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MEMORY CARE

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Stay Active as You Age

Moving your body and staying active is the focus of National Senior Health and Fitness Day, the last Wednesday in May. Find inspiration in this year's theme and learn why “Life Is Better in Motion.”

Helps prevent illness – High blood pressure, poor circulation, and high cholesterol are linked to conditions such as heart disease, stroke and Type 2 diabetes. These health risk factors can be reduced with regular exercise.

Boosts energy – The more you move, the more energy you'll have, helping you carry out everyday physical activities with less fatigue.

Lifts mood – Would you like to feel happier and more relaxed? The endorphins released during exercise can provide emotional perks. Taking part in physical activity can also improve confidence and self-esteem.



Let's get those green thumbs going!



Great fun exercise!



Concert at The Linden (Social Distancing Style)

As we enjoyed Justin with Rivercross entertaining us with song, we practiced our social distancing and enjoyed the wonderful weather. You could see that music can bring us all some joy and happiness.



Singing from his heart!



Bonnie loves music and Kim!

(Continued on back.)

Stay Active as You Age (Continued)

Improves sleep – A regular fitness routine can help you fall asleep more quickly, sleep more soundly and get better quality rest. Just avoid working out close to bedtime, since the energy boost may keep you awake.

Reduces fall risk – Exercise strengthens muscles and bones, increases flexibility, and improves balance – all benefits that are key to preventing falls and broken bones.

Enhances social life – Walking with a friend, taking a group fitness class or participating in a team sport or game offers the opportunity to have fun and connect with others.

Putting Around

Windmills, pirate ships, dinosaurs and waterfalls are often par for the course when you're playing a round of miniature golf.

Early courses for the game didn't have the whimsical designs seen today. They were simply scaled-down golf courses for players to focus on their putting stroke. The first of these was created in 1867 at golf's birthplace, Scotland, for the St. Andrew's Ladies' Putting Club. In the U.S., compact, putting-only courses with artificial greens became popular in the early 1900s, including more than 150 built on New York City rooftops.

The trend got a new twist in the late 1920s, when businessman Garnet Carter built a mini golf course outside his hotel on Lookout Mountain, near Chattanooga, Tenn. With its fairyland theme, quirky features such as gnome statues and obstacles that included hollow logs, it was a hit with guests. Mini golf mania swept the nation, and by 1930, there were 25,000 courses in the U.S.

After a decline due to the Depression, mini golf teed off again in the 1950s. Today, it's an amusement for players of all ages, and the variety of silly course setups and hazards adds an element of surprise.

For those who like more serious competition, there are U.S. and international mini golf organizations that hold annual championship tournaments.



I think it's time to get the putting green out again!

Memories

We are all in this together. Thanks so much for your patience.



Fun times at Mardi Gras!



We'll be back together soon!



Friends always! Valentine's Day!

May Birthdays

June Fenton, 26th

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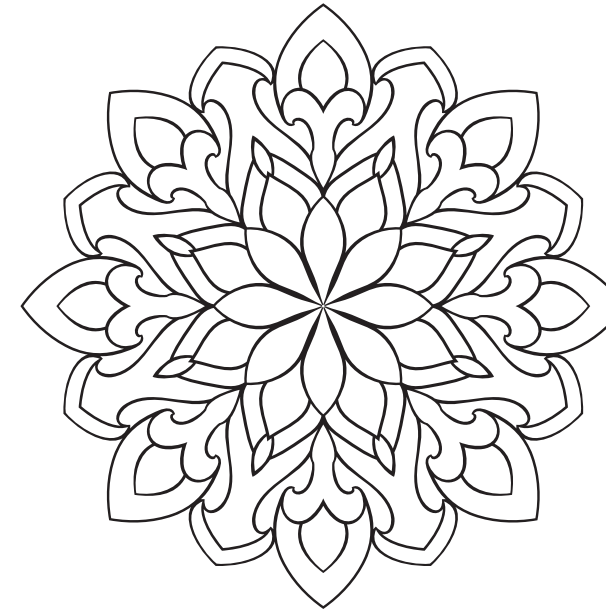
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V	K	B	G	O	R	C	R	I	M
E	N	O	P	I	E	K	H	W	O
K	I	B	S	T	O	R	E	I	T
I	L	O	F	I	N	C	A	K	M
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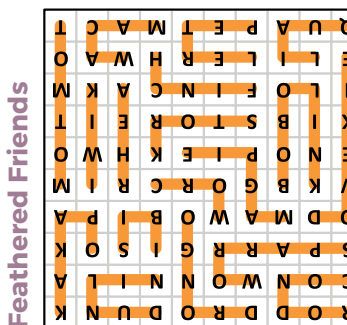
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