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A Great Living Choice for Seniors

**EVENTS AROUND TOWN
BETTER CHOICES, BETTER
HEALTH**

Mon Apr, 16, 1:00 to 3:30 PM
CRPCN Office High River
Windmill Theatre
"The Addams Family"

An EASTER BONNET

An **Easter bonnet** is any new or fancy hat worn as a Christian head covering on Easter, by tradition. It represents the tail-end of a tradition of wearing new clothes at Easter, in harmony with the renewal of the year and the promise of spiritual renewal and redemption.

The "Easter bonnet" was fixed in popular culture by Irving Berlin, whose frame of reference was the Easter parade in New York City, a festive walkabout that made its way down 5th Ave from St. Patrick's Cathedral:

*In your Easter bonnet
with all the frills upon it,
You'll be the grandest lady in the Easter
parade.*



At the depths of the Great Depression a new hat at Easter, or a refurbished old one, was a simple luxury.

Although the traditional Easter bonnet is a hat with depictions of Easter and spring with bunnies, flowers, eggs, etc., recently more creative designers have been producing full face hat and mask taking the Mantilla head dress from Spain as their inspiration



EXERCISE AT THE ABBEY

My name is Trenda Tyschuk, and I am a Group & Older Adult Fitness Specialist that has been teaching exercise at the Abbeyfield House on Thursdays at 2:00 p.m.

After a successful career working as an Administrative Assistant for the ATCO Group of Companies and then Foothills School Division, I decided to pursue my fervor for fitness. In the beginning, I taught noon fitness classes at my workplace and at Curves of High River. This soon lead me on a journey of becoming a Bellydance teacher, Circuit Coach, Aerobics and Zumba® instructor. Eventually I went on to certify as an Older Adult Specialist with CanFitPro in 2012. Since that time I have discovered I like teaching beginner and older adult fitness best.

The ladies from the Abbey have welcomed me warmly. These sweethearts take their exercise very seriously. As an instructor who likes to have a lot of fun, I get a lot of smiles from them. This is so rewarding. I always keep them guessing, and get them to try new things. I have to admit I have snuck a bit of all of my programs into our class, and have not been disappointed.

We use props such as therabands, Pilates hand balls, pom poms, paper plates etc. to spice up our workout.

TIP If you want to always be mobile, think about working on the largest muscle groups first, which are your quadriceps, hamstrings and gluteus muscles (or think thighs and hips). A good way to do this is getting up half way on a chair and back down. Then full up and down. Engage your core by doing a slight tummy tuck. Do as many repetitions as you can handle. This will help you rise more easily from a chair or the toilet. Something you always want to be able to do.



The important thing is to keep moving..

For more information on this class or other classes I teach, please email me at trendat@telus.net or see my website trendat.wixsite.com/trendfit, or give me a call at 403-603-3141.

Abbeyfield House

CHUCKLE CORNER

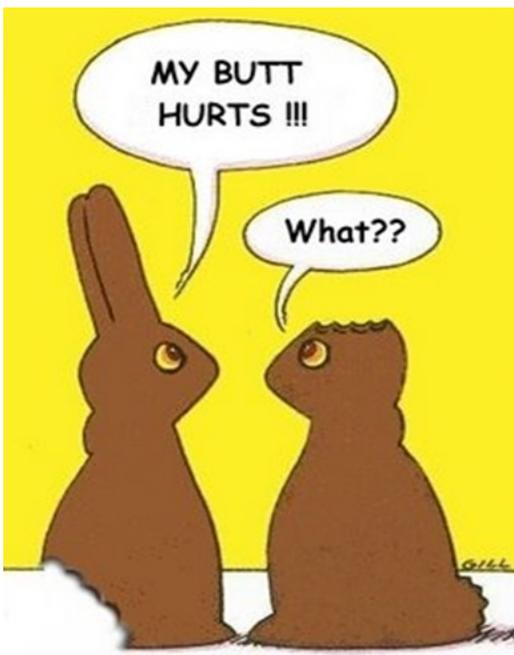
Quotes from Actual Insurance Claims

- Coming home, I drove into the wrong house and collided with a tree I didn't have.
- In an attempt to kill a fly, I drove into a telephone pole.
- I had been driving for 40 years when I fell asleep at the wheel and had an accident.
- I collided with a stationary truck coming the other way.
- I told the police I was not injured, but on removing my hat I found that I had a fractured skull.
- The pedestrian had no idea which direction to run. So I ran over him.
- I pulled away from the side of the road, glanced at my mother-in-law, and headed over the embankment.



FUN FACTS

- Pollsters say that 40 percent of dog and cat owners carry pictures of the pets in their wallets.
- Like fingerprints, everyone's tongue print is different.
- The national anthem of Greece has 158 verses. No one in Greece has memorized all 158 verses.



STOP SPENDING SO MUCH TIME IN YOUR HEAD

You can train yourself to choose what you think about. *By Darius Foroux*

Do you spend A LOT of time in your head. You know, thinking, worrying, stressing, freaking out – call it whatever you want. I call it a preoccupied mind. 99% of your thoughts are useless.

“The greatest weapon against stress is our ability to choose one thought over another.”

In other words: You have the ability to decide what you think. Or, you can choose NOT to think.

And that is one of the most important and most practical things you can learn in life. Before I learned that skill, I would spend hours and hours inside my head.

Just think about how much you think. “I just keep failing.” “Why does my life suck?” “Why is my life awesome, and other people’s lives are not?” “What if I get cancer?” You know what those thoughts do to you? Guilt, anger, suffering.



Which thoughts are useful?

1. Thinking about how you can solve problems. A problem is just an unanswered question. Put your brain to use and think about how you can solve problems. There are a lot of those on this earth.

2. Understanding knowledge. That mean this: Try to internalize knowledge and think about how you can use that knowledge to improve your life, career, work, relationships, etc.

If you’re constantly thinking, it’s because you haven’t trained your mind yet. You HAVE to get out of your head.

Also, you’re probably thinking so much that you’re missing out of life. Did you notice the sunshine this morning when you woke up? Or the raindrops? Did you notice the smell of your coffee? Did you feel the texture of your cereals?

Now, you might think: “How do I train myself to stop thinking useless thoughts?”

Every time you start drifting off, become aware of it. Just observe your brain. Step outside yourself and just observe the crazy stuff you’re thinking about.

Don’t judge. Don’t think you’re stupid. If you do that, you’re thinking again.

No, what you want to do is say this to yourself: “Ah that’s a cute thought. Now, let’s get back to reality.”