



# Letter News



## Dee's Wellness Tips



Age is Only a #

Have you made your New Years Resolution yet? Why not?

Do you want to feel better about yourself? Of course you do, so COME ON and join a Wellness Program, there are several programs to choose from. Research has proven that participating in a wellness program will improve your overall health. Dee focuses on all seven dimensions; environmental, vocational, spiritual, physical, social, intellectual, and emotional to

improve your well being. To start in 2025; Laughter Yoga is the newest class, and it will be held on Tuesdays at 2:00 PM. Yes, laughing improves your health, it improves chronic illnesses, cancer, diabetes and much more. Other programs you may want to consider are, aerobics, sittercize, line dancing, card game 31, yoga, meditation, shuffleboard, chair volleyball, fitness, balance, nature group, doc talk, Cheers happy hour, tai chi, and other special events like speakers for improving your cell phone skills, fashion shows etc.

If you would like to strengthen your immune system, elevate your mood, and improve your brain activity, and your balance which is key to prevent falls then join the fun. Make an appointment with Dee to discuss your opportunities. I will improve your overall health

### Our Mascot Paisley says

Well, I totally enjoyed the Holiday celebrations here at SMV; so much to do and to enjoy! Cookies and other treats in my stocking along with a new Lamb Chop toy to play with. And oh yes, a jeweled crown to wear on special occasions

My Secret Santa's gave me the best ever gift of a bone from a Tomahawk Steak. WOW. That bone is as long as I am from my nose to the tip of my tail. YUM. Now, I have to get back into a healthy routine. That will include walking at least 3 miles a day along with limiting my bacon to 1 slice a day. That's a hard one so please don't tempt me. Did you make any resolutions? Set your goals and YOU can do it too. Stop into the Wellness-Center, talk to Dee about your program and goals. Just Keep Moving!



Hi, I'm Paisley!

A Special Thank You!

Thank you to my Wellness Committee, they all are very instrumental to the success of our great program here at St Mark Village . Members are: Norma F, Vivian K, Sue & Doug B, Judy B, Betty B,



## Wellness HIGHLIGHTS

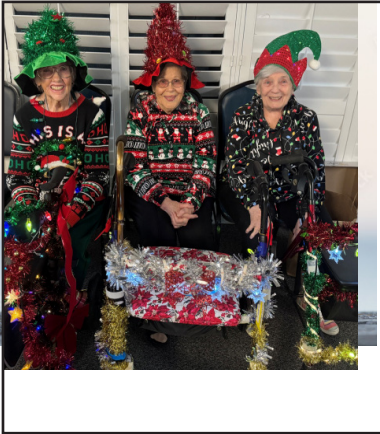
Extravaganza Show- Nancy, Sylvia & Judy

Extra show- Dennis, Richard, Mary & Norma

Ugly Atila & dee

Ugly Sweaters winners Jim, Annie & Nancy

Show Girls Terri, Marlyn, Annie



## Pop Tab Collection!



Tarpon Middle School Interact Club/Rotary filled these five gallon buckets with Pop Tabs for the Ronald Mc Donald House. We at SMV were a part of that. We are continuing to collect the pop tabs, so please drop your tabs in the bucket in the Village Studio.

## 2024 Highlights

Nature Outings, Wellness Fair, Farmer's Market Dolls & Dudes Cowboy Show, Monthly Wellness Challenges, We learned how to send texts, pictures etc from our cell phones to our family & friends. Experienced the Eclipse. Learned that we have over 31 birds in the SMV area. Enjoyed ourselves at Casino Nite. The Line Dancing group learned 3 more dances to top the list. Silver Wheels walker line dancers also learned some new moves and both groups gave a spectacular show at the Christmas Extravaganza. The ladies showed off their talent in the Chico's Fashion Show. The balance group improved their balance by over 74%, they will definitely improve themselves from falls. Who knew that Chair Volleyball would be so much fun.

To show our competitive side, Shuffleboard & Cornhole Players brought home over 24 medals from the Florida Senior Games. We should be very proud of them. The new Card Game 31 keeps our brain in tact. Sound Healing was a big hit and of course as the years winds down with the Ugly Sweater contest, and who could forget the sold out Christmas Lighting Extravaganza. The residents showed how talented we are all.



## January Wellness ToDos



1. Wash Your Hands
2. Stay Active
3. Stay Hydrated
4. Supplement with Vitamins
5. Get Enough Sleep
6. Eat Nutritious Food
7. Limit Alcohol
8. Maintain a Healthy Outlook!

## Residential Testimonial:

### ANN ADAMS & EL HUXHOLD



Ann and El are two lucky people who are still energetic, strong enough, and willing (also eager) to be a student in Dee's line dance class. Dee is a wonderful teacher, (very patient) to accept a 90 year man and a 93 year old young lady as pupils. Oh my! What fun we have. We love Dee and all of her fun loving students. We are in our 90's and still going strong. We have been part of the Dancing Dolls & Dudes dance group from the beginning, in which, has been over 3 years now. Who would of thought that we would be performing as well. We love to be part of the shows, we always wonder if we can do it but we do and love every minute of it. So you are never to old to try something new, we would encourage you to join us.

## Benefits of Laughter

### Yoga

Strengthen your immune system by 50%.

Elevate your mood by %100  
Increase Oxygen to your brain by %25

Makes you feel more connected



### Join the Fun LAUGHTER YOGA

2nd and 4th TUESDAYS @  
2:00 pm

## January Wellness Challenge

### Walking

Challenge your friends and neighbors and count your steps. Track your steps or your miles and report back to Dee at the end of the month.  
**PRIZES WILL BE AWARDED!!!!**

## Nutritional Counseling

Nutritional Counseling and advice regarding the food that is served here at St. Mark Village is available through Huseyin Isguzar, our Chief Culinary Officer. You may call him directly at ext. 1779 to schedule an appointment.

## Upcoming Wellness Opportunities

Mark your calendars for the below Wellness Opportunities.



## Get Ready For a Great Year!!!

**January** -Baby Photo Contest Results

**February 5th** Bird Outing

**February 6th** - Stephanie - The Cellphone Trainer will be here to help you.

**February 11th** - Make Your Own Facial Scrub

**February 20th** - The Sound Healing

**March 6th** - Stephanie The Cell-phone Lady

**April** - Make your own Easter Bonnet and join the Parade!

## Wellness quote:

**“BE YOURSELF, EVERYONE ELSE IS TAKEN”.**

-Jim Robin

## Florida Senior Games

The Florida Senior Games is dedicated to \*promote and encourage healthy lifestyles for seniors \* providing seniors with the opportunity to compete at local, state and national level \* providing all seniors citizens of Florida with an affordable and quality multi sport festival they can call their own.

We should all be very proud of our residents who participated in the games. We brought home over 24 medals in all. Look out Nationals Here we Come

Cornhole: Dolores, Dave, Dennis, Ann Cornhole

Shuffleboard, Joe, Judy, Dot, Katherine, Norma, Terri, Dennis & Richard



Jill & Joe N, much appreciation for all their help with Wellness Programs



In fall of 2017, Chief Culinary Officer, Huseyin Isguzar had arrived at SMV. Bob and Huseyin became friends. Baker Bob was invited to supervise the making of 600 gingerbread cookies in our bakery. Bob thoroughly enjoyed this one hour baking lesson by George. Every year we continue our Burnham Family tradition here at SMV This year we broke our record by decorating 692 cookies. All enjoyed the festivities!

