

# This Week at Mountain Creek

May 14– May 20, 2017

## Fit and fun!

Seniorize classes with Rigsby Rehab have moved to 9:30 A.M. Monday and Wednesday. We are excited for you to join us to help maintain a healthy, happy lifestyle. According to the Centers for Disease Control (CDC) The loss of strength and stamina attributed to aging is in part caused by reduced physical activity. Inactivity increases with age. By age 75, about one in three men and one in two women engage in no physical activity.

### Benefits of Physical activity include:

- Helps maintain the ability to live independently and reduces the risk of falling and fracturing bones.
- Reduces the risk of coronary heart disease, high blood pressure, colon cancer, and diabetes.
- Can help reduce blood pressure in some people with hypertension.
- Helps people with chronic, disabling conditions improve their stamina and muscle strength.
- Reduces symptoms of anxiety and depression and fosters improvements in mood and feelings of well-being.
- Helps maintain healthy bones, muscles, and joints.
- Helps control joint swelling and pain associated with arthritis.

**Source material:** [www.cdc.gov](http://www.cdc.gov)

## Entertainment

Wednesday May 17th Marsha Akery will be performing a piano concert in the lobby at 11:00 a.m. Come over for a beautiful Christian music played eloquently on the piano. Friday May 19th Grand Prairie High school choir will be performing in the Lobby as well. We are very excited that Happy Hour Ukuleles will be back on Saturday May 20th to entertain us in the MPR at 10:00 a.m.

## Dining out!

Our dining out trip this week will be Tuesday May 16th at 4:00 p.m. We will be going to Cheddars in Grand Prairie. Cheddars features made from scratch foods including sandwiches, salads, savory burgers, steaks, fish and more.

## On the Agenda

Mark your calendars! This week is the resident council meeting on Thursday May 18th at 3:00 p.m. Also the Town Hall meeting will be Friday May 19th at 3:00 p.m. We look forward to seeing you there.

## Save the Date!

The fathers day picnic will be Saturday June 17th from 9:00 am to 12:00 pm. Please stay tuned for updates!

## Grins and Giggles

### **Will Rogers on aging**

- Eventually you will reach a point when you stop lying about your age and start bragging about it.
- The older we get, the fewer things seem worth waiting in line for.
- I want people to know why I look this way. I've traveled a long way, and some of the roads weren't paved.
- When you would like to go back to youth, think of algebra.
- I don't know how I got over the hill without getting to the top.
- One of the many things no one tells you about aging is that its such a nice change from youth.
- One must wait until evening to see how splendid the day has been.
- Being young is beautiful, but being old is comfortable.
- Long ago, when men cursed and beat the ground with sticks, it was called witchcraft. Now it's called golf.
- If you don't learn to laugh at trouble, you won't have anything to laugh at when your old.

**Source material:** *Seniorific News/ May 2017*

## This Week at Mountain Creek - May 14– May 20, 2017

### Sunday, May 14

**11:00 Mothers Day Luncheon  
w/ Jim Washington & Family Photos**

**2:00 Worship with Steve - THE**

**5:30 Wii Practice - 2nd floor**

**6:30 Table Games - QR3**



### Monday, May 15

**9:00 Dr. Salano—Podiatrist-QR3**

**9:30 Seniorcize-MPR**

**9:30 Summit -FL**

**9:30 DVD Exercise-FC**

**10:00 Blood Pressure-THE**

**2:00 Shuffleboard- 2nd**

**5:30 Summit/TX Hold 'em-FL**

**5:30 Wii Practice**

**6:00 42 Club-QR3**

**6:30 Table Games -QR3**

### Tuesday, May 16

**9:00 Dry Cleaners - Pick up- FL**

**9:30 DVD Exercise - FC**

**9:30 Communion & Rosary - CH**

**1:30 Bridge Club - BR**

**2:00 Quarter Bingo - MPR**

**4:00 Dine Out @ Cheddars - FL**

**5:30 Wii Practice**

**6:00 42 Club - QR3**

**6:30 Table Games - QR3**

### Wednesday, May 17

**9:30 Kroger & Summit - FL**

**9:30 DVD Exercise - FC**

**9:30 Seniorcize - MPR**

**11:00 Piano concert Marsha Akery-FL**

**2:00 Shuffleboard - 2nd**

**2:00 Skip-Bo - QR3**

**2:00 Walmart/Dollar Tree - FL**

**1:00 Bible Study w/ Mary Ellen - CH**

**5:30 Wii Practice**

**6:00 42 Club & Table Games QR3**

### Thursday, May 18

**9:00 Dry Cleaners - Drop off -FL**

**9:30 DVD Exercise - FC**

**10:15 Tai Chi - DR**

**1:00 42 Club - QR3**

**2:00 Prize Bingo - MPR**

**3:00 Resident Council Meeting**

**6:00 Wii Bowling - 2ND**

**6:00 Legion of Mary - CH**

**6:30 Table Games - QR3**

### Friday, May 19

**9:30 DVD Exercise - FC**

**9:30 Summit - FL**

**11:00 GPHS A Capella Choir— FL**

**2:00 Shuffleboard Practice - 2nd**

**3:00 Town Hall - MPR**

**5:30 Wii Practice**

**6:00 42 Club - QR3**

**6:00 Texas Hold'em - BR**

**6:30 Table Games - QR3**

### Saturday, May 20

**10:00 Coloring for Adults - BR**

**10:00 Happy Hour Ukuleles— MPR**

**1:00 42 Club - QR3**

**2:00 Quarter Bingo - MPR**

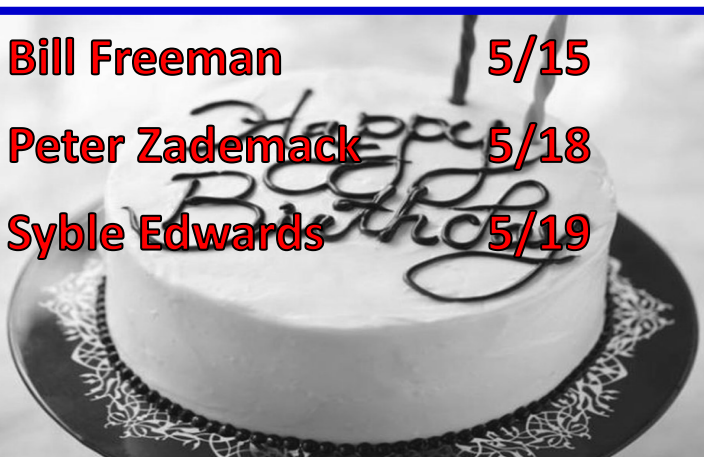
**6:30 Table Games - Q**

**R3**

**Bill Freeman 5/15**

**Peter Zademack 5/18**

**Syble Edwards 5/19**



Mountain Creek Apartments regularly publishes a newsletter and calendar of events that includes general information, list of upcoming events, activities and items of interest. The opinions of others are from a wide variety of sources from many different sources, fields and endeavors. The opinions and articles that are included in this publication are solely for entertainment, enjoyment and illustrative purposes only and should not be considered as either advice or as a substitute for legal, accounting, investment, medical and/or any other professional services intended for your specific personal needs. Always consult a competent professional for answers to specific questions and circumstances. For questions regarding this statement/publication, please contact the Mountain Creek Activities Dept. @ 972-237-2515.