

An active April awaits!

Committing to a regular fitness program with a friend is a great way to keep your fitness plans on track. With the club's referral program, there is no better time to encourage your friends to join the Waterford Health & Fitness Club. Stop by the club to learn more about prizes and incentives for introducing your friends to the only club in Bismarck geared toward those who are 40-plus.

As the flowers of spring start budding, let your fitness plans blossom, too. With the "Three for Three" April challenge, the club encourages you to commit to a fitness program so you can enjoy the physical and mental benefits of a fit, healthy lifestyle. Simply pick up your Three for Three Club activity card from the front desk and have a trainer initial your card each time you use the club. Get at least three signatures per week for three weeks, and you will become eligible for prizes.

Break Week at the club

While regular club classes will not be held, April 6 through 10 will be filled with several educational and social activities for members and friends to enjoy. For example, fitness testing, specialty classes, and seminars will be held throughout the week.

Monday, April 6: Launch of Waterford Health & Fitness Club book exchange and seminars

- ◆ 10 am: Nine ways to avoid soreness after exercise (Sandy)

- ◆ 10:15 am: Benefits of working with a personal trainer (Tanya)



- ◆ 10:30 am: Getting the most out of your workout (Lindsey)

Tuesday, April 7:
Games galore in the

club lobby. Stop by throughout the day for games and friendly competition with friends and neighbors. Try your hand at the Wii, Sequence, checkers, and puzzles.

Wednesday, April 8: Spring Fling Potluck at 11:30 am in the club lobby. Please bring your favorite spring dish.

Thursday, April 9: Ultimate Circuit at 10 am in the exercise room. Circuit training is an efficient and effective way to enhance cardiovascular fitness and muscle endurance. Please register in advance.

Friday, April 10: Movie & Muffins. Stop by the exercise room at 10 am to watch *Chariots of Fire* and nibble on muffins.

New Licensed Massage Therapist joins club

Licensed Massage Therapist Lisa Alvstad joined the club in March and has been busy providing deep-tissue and relaxation massage. Lisa received an Associate of Applied Science in Massage Therapy from Rasmussen College and has received special education for myofascial release. She also is nationally certified in Therapeutic Massage and Bodywork.

"Massage, when incorporated into a healthy lifestyle, can have numerous benefits for the body," says Lisa. "It is my goal to make each massage comfortable and safe depending on individual needs."

Lisa is available for massage appointments on Tuesdays from noon to 7 pm and Wednesdays through Fridays from 8 am to 5 pm. ■

Come home to Waterford!



Now this is retirement living at its finest! This two-bedroom, two-bathroom Chelsea home at 1003 Waterford Drive boasts soaring ceilings and a spacious kitchen. Cozy up by the gas fireplace or step out onto the outdoor patio for some fresh air. This 1,370-square-foot home has ample closet space and a large two-car attached garage. And with our limited-time Special Savings Program offer, there has never been a better time to call Waterford home. Call today for details.



Apartment 372 offers carefree living in an 872-square-foot home, featuring one bedroom, one bathroom, and a roomy kitchen. Cathedral ceilings, a private balcony, and gas fireplace add a little extra pizzazz.

Humor helps



Marge Coalman, EdD
Vice President of
Wellness & Programs,
Touchmark

Resilience is a quality that is hard to measure in people as compared to road surfaces, paint, and other finite objects. In the assessment of a life well-lived, however, it comes up over and over in the people I interview. They say that a sense of humor is essential to navigating not only the aging process but life as we know it in 2009. Humor is an essential component of resilience and life balance.

“Humor is mankind’s greatest blessing.”

—Mark Twain, author

The physiological and psychological benefits of *laughter* have been well-studied, as noted in the article I wrote for the International Council on Active Aging (*Is Laughter Really the Best Medicine*—November/December 2005). But a consistent sense of humor is less well-understood by the research community. What is known is that it requires optimism along with the ability to see through a problem with a positive perspective.

The research that has been done on humor focuses on the cognitive-response mechanism that occurs when people respond to comedy. Yet, interestingly, there is (*cont.*)

(cont.) little commonality in what people will find humorous.

Perhaps the analysis is unimportant, as author E.B. White contends. The real importance of a sense of humor lies in helping us survive the bumps and potholes in life's road and coming through with the ability to face the day (and tomorrow) with a smile.

Universally, people respond more positively to those around them who manifest and display humor and a positive perspective, even in adverse situations. These resilient individuals are not "starry-eyed optimists" out of touch with the hardships and stresses of life. They are realists who are able to maintain their perspective when others experience fear or depression.

At Waterford, there are many opportunities to share humor and optimism. For information on how to participate in the Life Enrichment/Wellness program planning and implementation, contact a member of the Life Enrichment/Wellness team. ■

Brain a buzz ...

5				4		6	9	7
8					2		4	
		9	5		3	1		8
		1	4	3			7	
			7		9			
	7			6	5	4		
1		3	2		4	7		
	2		9					4
6	9	4		1				5

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This puzzle has been provided by programmer/musician Jim Bumgardner, who creates software art and toys and is the creator of www.krazydad.com.

Sudoku is one of the best activities for brain development. Fill in the blank squares so that each row, each column, and each three-by-three block contain all of the digits 1 through 9.

Coming Events

Saturday, April 4, 1 pm

Just for Kicks Dance Team will perform. Chapel.

Friday, April 10, 2 pm

Easter egg hunt. Children from a local child care program will hunt down Easter candies hidden by students from Bismarck and Century High Schools. Lobby.

Thursday April 16, 2:30 pm

The Senior Center Singers will perform in the chapel, followed by wine and snacks served in the lobby.

Recent happenings



Top: Pet therapy volunteers Joan Morton (in dark green sweater) and Rose Glaser (in turquoise shirt) share five Doberman puppies with residents of the Devonshire neighborhood. **Bottom:** Resident Bertha Little cuddles one of the Doberman puppies.



Left: Debi Rogers performs Irish music for residents at the St. Patrick's Day celebration. Irish eyes were smiling as residents sang along to Danny Boy, drank green beer, and sampled Irish snacks prepared by Dining Services. **Right:** Adele Johnson drinks green beer from her lucky St. Patrick's Day necklace with mug.



Residents and guests gather for an Affinity Luncheon to celebrate their Irish heritage. They enjoy some Ireland and St. Patrick's Day trivia and tasty food and share stories and pictures.

5	3	2	8	4	1	6	9	7
8	1	7	6	9	2	5	4	3
4	6	9	5	7	3	1	2	8
2	5	1	4	3	8	9	7	6
3	4	6	7	2	9	8	5	1
9	7	8	1	6	5	4	3	2
1	8	3	2	5	4	7	6	9
7	2	5	9	8	6	3	1	4
6	9	4	3	1	7	2	8	5

Answers to the puzzle