



# Senior Health & Wellness Newsletter

August 2025 Edition

*"Beloved, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." – 3 John 1:2*



## August Focus: Staying Active & Spiritually Strong

August is a month of sunshine, reflection, and renewed energy as we enter the final stretch of summer. For our cherished seniors, it's also a wonderful time to focus on physical movement, hydration, and connection with others. This month's theme is "Keep Moving, Keep Praising!" — a reminder that both body and spirit need regular nourishment to thrive.

Whether it's a walk around the neighborhood, light water aerobics, chair yoga, or gentle stretching at home, staying active helps improve balance, boost mood, and maintain independence. And just as we stretch our muscles, we should also stretch our faith through prayer, scripture, and fellowship.



## Beat the Heat with Smart Summer Choices:

- \* Drink water frequently—even if you don't feel thirsty.
- \* Wear lightweight, light-colored clothing when outdoors.
- \* Choose early morning or late evening for outdoor activities.
- \* Use wide-brimmed hats and sunglasses for sun protection.
- \* Take breaks in the shade or indoors with air conditioning.

## Special August Holiday: National Senior Citizens Day – August 21st

In 1988, President Ronald Reagan declared August 21st as National Senior Citizens Day — a time to recognize the wisdom, achievements, and ongoing contributions of older adults in our communities. You are our treasured mentors, prayer warriors, caregivers, and friends. We honor and thank you!



## Wellness Spotlight: Brain Health Tips

August is also a great time to focus on keeping your mind sharp. Try these brain-friendly habits:

- \* Do a crossword or word search daily.
- \* Memorize a new Bible verse each week.
- \* Practice recalling blessings from the past day—gratitude boosts mental health!
- \* Learn something new—a hobby, recipe, or scripture topic.

## Health Tip of the Month:

### Mind Your Meds

Many medications can cause dizziness, dehydration, or sensitivity to sun. Ask your pharmacist to review your prescriptions and supplements to avoid any negative interactions—especially during the hotter months.



## September 15th Event – Save the Date!

Senior Health & Wellness Ministry hosts:

- \* **“Should I Stay or Should I Go?” -  
Thinking of Moving But Don’t Know Where to Start?**
- \* **Monday, September 15th**
- \* **1:00-3:00pm**

Join us for an informative session designed to help you explore your options and make confident choices about your next chapter.

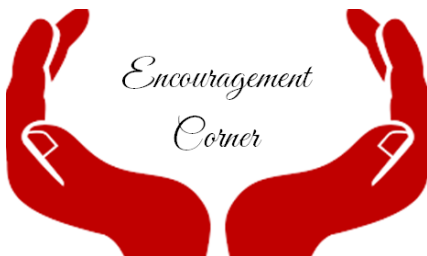
### Topics Covered:

- Key questions to ask before making a move
- Important legal documents to have in place
- How to assess your home’s market value
- Tips for downsizing without the stress
- Overview of senior living options in The Villages & surrounding areas
- What to expect if you choose to stay in your current home
- Guidance from trusted local professionals
- Get practical, local insight to help you move forward with peace of mind — or stay put with confidence.

Presented by:



**Watch for information in the bulletin for when sign-ups are available on the Kiosk at Guest Services or on the church website.**



*“Even to your old age and gray hairs I am he, I am he who will sustain you.” – Isaiah 46:4*

You are never alone. God continues to walk with you, guide you, and sustain you through every season of life. Your faith, endurance, and testimony are a blessing to others—and to the heart of the church.

Stay safe, stay hydrated, and keep your hearts lifted high!

In Christ’s love,  
Lynn Canale

Senior Health & Wellness Ministry Team

Questions or need help? Contact: [Lynn@fairwaycc.org](mailto:Lynn@fairwaycc.org) or call the church office.