

AVENIDA LIFE



February Birthdays

| | |
|-------------|------|
| Madelene B. | 2/12 |
| Merilou Z. | 2/16 |
| Geri C. | 2/18 |
| Jean G. | 2/24 |
| MJ K. | 2/25 |
| Bill N. | 2/28 |

February Incentive

Invite your friends and relatives to join our community and earn \$1,500 for every referral.

YOUR AVENIDA TEAM



Michele Clemen
Executive Director



Kathy Fezzuoglio
Sales & Marketing Director



Tom Vander Velde
Sales & Marketing Director



Hyacinth Waranimman
Business Office Director



Alan Reyes
Maintenance Director



Jane Abe
Resident Enrichment Director



Carrie Tuma
Concierge / Move-In Coordinator

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A RESORT-STYLE 62+ ACTIVE ADULT COMMUNITY

Improve Your Heart Health with These Tips

By Gina Cromem Health and Fitness Expert, ACE Fitness Contributor

While most people associate February with Valentine's Day, it's also American Heart Month, which offers an opportunity to deepen our knowledge and understanding of how to keep our hearts healthy as we celebrate our love.

According to the Centers for Disease for Control and Prevention, heart disease is the leading cause of death for both men and women. About 600,000 individuals will die from heart disease in the U.S. alone each year—that's about one in every four deaths. The term heart disease covers a number of conditions including coronary artery disease, heart attacks and heart failure, among others. The good news is that heart disease is preventable and there are a number of simple ways to keep ourselves healthy for years to come.

You Are What You Eat

A heart-healthy diet can be delicious and simple to follow. Eating healthy doesn't mean dieting; rather, it's about incorporating better choices each day, which may also help you reach and maintain a healthy weight. A little nutrient know-how is important and a great place to start is the nutrition label. Many of us think we know what we're eating until we actually look at the nutritional information. Making heart-healthy food choices means that we need to pay attention to portion size per serving, saturated fat, fiber and sodium.

Portions in Proportion

Being aware of what constitutes a portion can help you maintain a balanced diet while managing your weight. The USDA's ChooseMyPlate program can help you choose correct portion sizes in proportion to the various food groups. This program emphasizes the importance of incorporating more fruits and vegetables to help you fill up on fewer calories and consume vital nutrients that play an important role in regulating blood pressure.

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The Fat Trap

Not all fats are created equal. Saturated fat (mostly from animal origin) should be kept to no more than 10 percent of total calories. Similarly, trans fats, which are typically added to a processed-food product to extend its shelf-life, should be consumed minimally, if at all. These fats are found mostly in the form of partially hydrogenated oils and should ideally be replaced with healthier mono- or polyunsaturated sources typically found in olive, canola and sunflower oil or in foods such as avocados, nuts and seeds.

Your Friend Fiber

Choose fiber-rich foods including plenty of whole grains, fruits and veggies. Aim for breads and cereals that have a minimum of 3 or more grams of fiber per serving. Oat bran, found in certain cereals and abundantly in old-fashioned oatmeal, is a wonderful addition to any breakfast lineup as this particular fiber is especially helpful in lowering LDL ("bad cholesterol") levels.

Sodium: A Salty Subject

Most of us should consume around 1,500 mg of sodium each day. Unfortunately, the typical American diet contains about three times that amount and it's not necessarily from being heavy-handed with the salt shaker. We consume a majority of our sodium from ready-prepared, processed and restaurant foods. Lowering sodium intake can help keep our blood pressure under control.

Get Moving

Increasing physical activity while reducing sedentary behaviors is an effective way to lower your cardiovascular risk factors. The U.S. Surgeon General recommends that most adults should include at least 150 minutes of moderate-intensity exercise each week. If you're currently sedentary and your doctor feels it's safe for you to do so, begin by slowly incorporating more activity into your daily life. This doesn't mean you have to hit the gym every day, but with a little regular physical activity you'll find it easier to control your weight and reduce hunger, while also decreasing your risk of chronic disease.

If you find yourself struggling to sneak in exercise altogether, here's some food for thought:



Find Your Passion

Finding enjoyable ways for fitting in activity each day is an important factor when it comes to exercise. Most of us are unwilling to do things we dislike and visa-versa; when we find an exercise that's enjoyable, we're more likely to work it into our busy schedule. So find an activity that interests you and go for it.

Seek Opportunities

Look for ways to be active. Whether that means parking farther from a building entrance, taking the stairs instead of the elevator, or even leaving your car at home altogether to run an errand in your neighborhood—it all adds up.

Prioritize

Make certain that you treat yourself as well as you do those around you. Oftentimes our lives are filled with "have to do's" and deadlines that seem to take the focus off our own needs. Make sure your personal health is up there on your priority list.

American Heart Month helps us understand that a heart healthy lifestyle is within our grasp. With a healthier eating plan and regular physical activity, you'll not only reduce your risk of heart disease, you'll also feel so much better knowing you've taken the extra steps to improve the quality of your life. For more ways to get heart healthy, check out the Centers for Disease Control and Prevention's Heart Month website.

References

Go, A.S. et al. (2013). Heart disease and stroke statistics—2013 update: A report from the American Heart Association. 127, 1, e6-e245.
Office of the U.S. Surgeon General (2010). The Surgeon General's Vision for a Healthy and Fit Nation.



RANDOM ACTS OF KINDNESS WEEK

Friday, 2/12 at 2:30 PM – Do a Kind Deed: Special Valentine's Day bags will be assembled for our neighbors at Harbor Chase.

Saturday, 2/13 – Donate Eyeglasses or Sunglasses: collecting old eyewear for the Naperville Noon Lions Club.

Sunday, 2/14 – Write an Encouraging Note: write a note to a fellow resident or friend who may need a kind word or thinking about you card.

Monday, 2/15 at 2 PM – Donate Food for Those in Need: Food collection will be held for Loaves & Fishes.

Tuesday, 2/16 – Be a Welcoming Neighbor: Invite a new resident to Continental Breakfast or Happy Hour.

Wednesday, 2/17 - Compliment Day: Make someone's day by sending a compliment their way.

Thursday, 2/18 – Be Eco Friendly: Recycle Boxes. Get rid of those boxes you are holding on to. Gather and flatten boxes for recycling pickup.

Friday, 2/19 – Be Eco Friendly: Use the Same Cup All Day. Use a mug or glass from your cupboard all day long. One less item to add to the garbage.

HEART HEALTHY MONTH

The 4 Pillars of Health: A Masterclass by Dr. Rangan Chatterjee

- **Relaxation** – Monday, 2/1 at 1 PM
- **Food** – Monday, 2/8 at 1 PM
- **Movement** – Monday, 2/15 at 1 PM
- **Sleep** – Monday, 2/22 at 1 PM

Heart Healthy: De-stress with Mindfulness

Tuesday, 2/2 at 1:30 PM – guided mediation and movement with yoga instructor Mary Kay.

Heart Healthy: FYI of CPR/AED

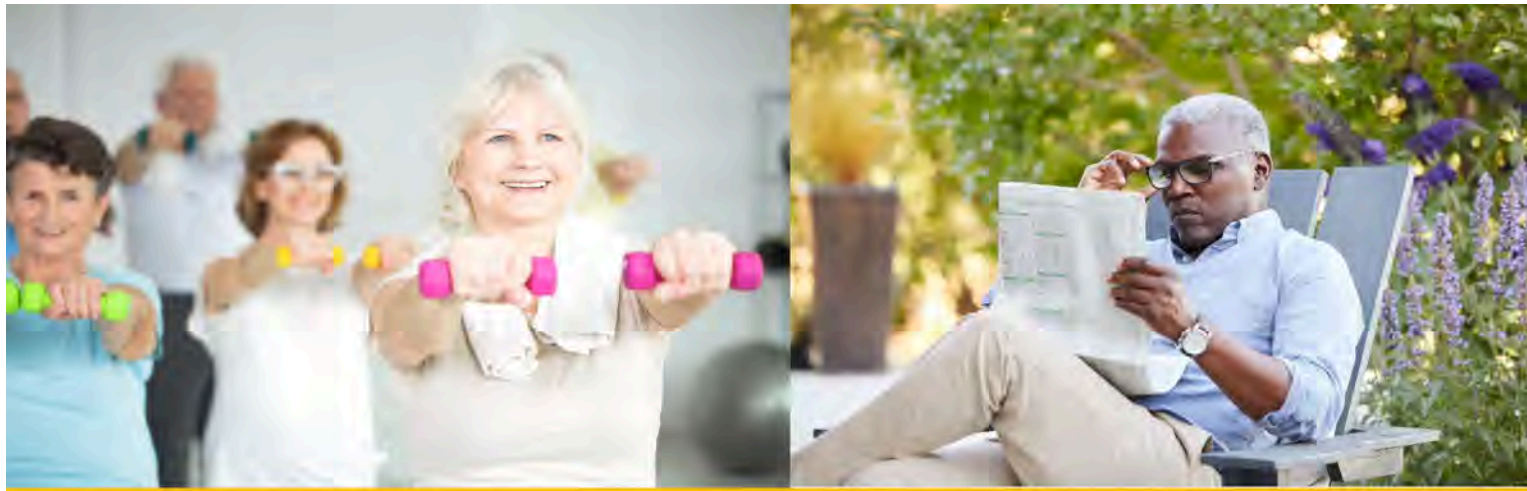
Tuesday, 2/9 at 1:30 PM – changes, statistics and useful tips on this lifesaving technique. Presented by Juli Kent, certified CPR/AED Trainer.

Heart Healthy: Motion is Lotion

Tuesday, 2/16 at 1:45 PM – everyday exercises, stretches and movements that should be implemented in you everyday life. Presented by Nancy Klotz, Certified Yoga Instructor and owner of Balanced Health Yoga Therapy.

Heart Healthy: You and Your Nutrition

Tuesday, 2/23 at 1:30 PM - Do you know what your nutritional needs really are? Are you following the food pyramid everyday? Get a better handle on your nutrition.



5 to Thrive at Avenida Naperville

Live in Motion Classes

- Virtual Monday Morning Workout:** Mondays 10 - 10:30 AM
- Virtual Balance & Stability:** Tuesdays 10:30 – 11:00 AM
- Virtual Chair Yoga:** Wednesdays 9:30 – 10:30 AM and Saturdays 10 – 11 AM
- Virtual Walk & Stretch:** Thursdays 10 - 10:30 AM
- Virtual Slow Flow Mat Yoga:** Thursdays 4 – 5 PM
- Virtual Tai Chi:** Fridays 10 – 11:00 AM
- Weekend Walking Group:** Saturdays 1:30 PM and Sundays 11:30 AM

Live & Learn

- One Day University:** Mondays & Fridays afternoons
- Trivia Thursday:** Thursdays at 3 PM
- Coffee & Conversations:** Wednesday, 2/10 at 7 PM
- Creative Arts:** Wednesdays at 1 PM

Live Confidently

- TedTalk - Privacy & Consent:** Monday, 2/1 at 11:30 AM
- News & Views:** Tuesdays at 6:30 PM
- Finance & Fun with Derek McDaniel from Merrill Lynch:** Friday, 2/19 at 9:30 AM
- Virtual Self Defense for Women:** Saturday, 2/20 At 2 PM
- Life Care Planning:** Monday, 2/22 at 11 AM

Live Life Group & Clubs

- Creative Writing/Journaling:** Saturday, 2/6 at 2:30 PM
- Sewing Club:** Thursday, 2/11 at 11 AM
- Food Club:** Monday, 2/15 at 1:30 PM
- Genealogy:** Monday, 2/22 at 1:30 PM
- Knitting Group:** Thursday, 2/25 at 11 AM

The following clubs/group will resume within the next several months:

- Bridge Club**
- Euchre Group**
- Mahjong Club**
- Pinochle Group**
- Poker Night**

Live Connected

- Happy Hours:** Tuesdays at 3 PM
- Movie Clubs:** Mondays & Fridays at 7 PM
- Fireside Chat:** Wednesday, 2/3 at 7 PM
- Men's Lunch Bunch:** Friday, 2/5 at 12:30 PM
- Ladies' Lunch Bunch:** Friday, 2/12 at 12:30 PM
- Avenida Lunch Bunch:** Friday, 2/19 at 12:30 PM
- Bring Your Dinner Dine Together:** Thursdays at 5:30 PM
- Men's Fireside Chat:** Wednesday, 2/24 at 7 PM
- February Birthday Celebration Lunch:** Friday, 2/26 at 12:30 PM

Community Highlights

Spiritual Book Group

“Growing Older & Wiser” by Dale and Sandy Larsen - LifeGuide® Bible Study helps the reader discover the Bible's perspective on aging and meets on Monday, February 1st at 2 PM.

Book Group

The group will be discussing “The Storyteller” by Jodi Picoult on Monday, February 8th at 3 PM.

Random Acts of Kindness Food Drive for Loaves & Fishes

Monday, February 15th at 2 PM. Donate and assist boxing food for our local food pantry.

Weekly Mindfulness – 7 Weeks of Gratitude

Wednesdays at 11 AM. Add more gratitude to your life with this uplifting program. It will provide tools, insights and inspiration to cultivate a life-changing practice. A Masterclass through www.calm.com.

Tech Tuesdays

Tuesdays at 11:30 AM. Each week will highlight a different technology at Avenida Naperville. Learn to set-up and use Sagely, Zoom, Media Lounge remotes as well as Wellbeats in the Fit Studio.

Virtual Performances: North Central College Fine & Performing Arts Series:

- *The Langston Hughes Project – Ask Your Mama (12 Moods for Jazz)* – Saturday, February 6th at 7 PM
- *Mojo & The Bayou Gypsies*– Saturday, February 13th at 7 PM
- *Naturally 7* – Saturday, February 27th at 7 PM

1st Anniversary Happy Hour

Tuesday, 2/2 at 3 PM. We celebrate the 1st Year of Residents at Avenida Naperville.

Wear Red Day

On Friday, February 5th wear the color red, all day, to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation.


Information Gatherings

New Resident Orientation will be held on Thursday, February 4th at 1 PM.

Virtual Resident Forum will be held on Thursday, February 18th at 2 PM



February 2021 Program Calendar

| | | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|--------|--|--|---|---|--|--|--|
|  <p>AVENIDA <i>Naperville</i></p> | <p>Location Keys</p> <ul style="list-style-type: none"> Bistro Creative Arts Fit Studio Great Room Hallways Media Lounge/Theater Web Based Application Zoom | | <p>8:00 Continental Breakfast [B] 1</p> <p>10:00 Monday Morning Workout [WEB]</p> <p>11:30 TedTalk: Privacy & Consent [WEB]</p> <p>1:00 The 4 Pillars of Health: Relaxation [ML]</p> <p>2:00 "Growing Older & Wiser" (Life Guide Bible Studies) [GR]</p> <p>3:30 One Day University: The Musical Genius of Mozart [ML]</p> <p>7:00 Monday Night Movie Club: Apollo 13 [ML]</p> | <p>8:00 Continental Breakfast [B] 2</p> <p>8:30 Transportation to Target</p> <p>10:30 Balance & Stability Class [Z]</p> <p>11:30 Tech Tuesday - How to Use Wellbeats/Fit Studio [FS]</p> <p>1:30 Heart Healthy: De-stress with Mindfulness [Z]</p> <p>3:00 Special Anniversary Happy Hour [GR]</p> <p>7:00 Special Movie Club: Groundhog Day [ML]</p> | <p>8:00 Continental Breakfast [B] 3</p> <p>9:30 Chair Yoga [Z]</p> <p>11:00 Morning Mindfulness: Gratitude 1 [ML]</p> <p>1:00 Creative Arts: Art of Your Choice [GR]</p> <p>3:00 Charades [GR]</p> <p>7:00 Fireside Chat [GR]</p> | <p>8:00 Continental Breakfast [B] 4</p> <p>10:00 Walk & Stretch [Z]</p> <p>1:00 New Resident Orientation [GR]</p> <p>3:00 Trivia Thursday [Z]</p> <p>4:00 Slow Flow Mat Yoga [Z]</p> <p>5:30 Bring Your Dinner and Dine Together [GR]</p> | <p>Wear Red Day</p> <p>8:00 Continental Breakfast [B] 5</p> <p>10:00 Tai Chi (7 Week Session) [Z]</p> <p>11:15 Wellbeats Class [FS]</p> <p>12:30 Men's Lunch Bunch [GR]</p> <p>3:00 One Day University: The Political Genius of Franklin D. Roosevelt [ML]</p> <p>7:00 Friday Night Movie Club: The Secret Garden (2020) [ML]</p> | <p>9:00 Saturday Morning Continental Breakfast [B] 6</p> <p>10:00 Saturday Morning Chair Yoga [Z]</p> <p>1:30 Weekend Walking Group [HW]</p> <p>2:30 Creative Writing/Journaling [GR]</p> <p>3:30 Learn to Speak Basic Spanish [WEB]</p> <p>7:00 Virtual Performance/North Central College Fine & Performing Arts: The Langston Hughes Project - Ask Your Mama (12 Moods for Jazz) [WEB]</p> | |
| | | | <p>10:00 Morning Movement [WEB] 7</p> <p>11:30 Weekend Walking Group [HW]</p> <p>5:00 Super Bowl Watch Gathering [GR]</p> <p>7:30 Evening Relaxation & Mindfulness [WEB]</p> | <p>8:00 Continental Breakfast [B] 8</p> <p>10:00 Monday Morning Workout [WEB]</p> <p>1:00 The 4 Pillars of Health: Food [ML]</p> <p>3:00 Book Group - The Storyteller [GR]</p> <p>4:00 One Day University: Rosa Parks: Her True Story and Legacy [ML]</p> <p>7:00 Monday Night Movie Club [ML]</p> | <p>8:00 Continental Breakfast [B] 9</p> <p>10:30 Balance & Stability Class [Z]</p> <p>11:30 Tech Tuesday - How to Set-Up and Use Sagely [GR]</p> <p>1:30 Heart Healthy: FYI of CPR/AED [Z]</p> <p>3:00 Hallway Happy Hour [HW]</p> <p>6:30 News & Views [GR]</p> | <p>8:00 Continental Breakfast [B] 10</p> <p>9:30 Chair Yoga [Z]</p> <p>11:00 Morning Mindfulness: Gratitude 2 [ML]</p> <p>1:00 Creative Arts: Valentine's Day Cards [CA]</p> <p>3:30 "I Should Have Known That" Game via Zoom [Z]</p> <p>7:00 Coffee & Conversations [GR]</p> | <p>8:00 Continental Breakfast [B] 11</p> <p>10:00 Walk & Stretch [Z]</p> <p>11:00 Sewing Club [CA]</p> <p>3:00 Trivia Thursday [Z]</p> <p>4:00 Slow Flow Mat Yoga [Z]</p> <p>5:30 Bring Your Dinner and Dine Together [GR]</p> | <p>Random Acts of Kindness: Do a Kind Deed 12</p> <p>8:00 Continental Breakfast [B]</p> <p>10:00 Tai Chi (7 Week Session) [Z]</p> <p>11:15 Wellbeats Class [FS]</p> <p>12:30 Ladies' Lunch Bunch [GR]</p> <p>2:30 Random Acts of Kindness: Valentine's Day Bags for Harbor Chase [GR]</p> <p>4:00 One Day University: The Mind of Abraham Lincoln [ML]</p> <p>7:00 Friday Night Movie Club: Top Gun [ML]</p> | <p>Random Acts of Kindness: Donate Eyeglasses/Sunglasses 13</p> <p>9:00 Saturday Morning Continental Breakfast [B]</p> <p>10:00 Saturday Morning Chair Yoga [Z]</p> <p>1:30 Weekend Walking Group [HW]</p> <p>3:30 Learn How to Knit [WEB]</p> <p>7:00 Virtual Performance/North Central College Fine & Performing Arts: Mojo & The Bayou Gypsies [WEB]</p> |
| | | | <p>Random Acts of Kindness: Write an Encouraging Note 14</p> <p>10:00 Morning Movement [WEB]</p> <p>11:00 Valentine's Day Special Brunch -To-Go [B]</p> <p>1:00 Weekend Walking Group [HW]</p> <p>7:30 Evening Relaxation & Mindfulness [WEB]</p> | <p>Random Acts of Kindness: Donate Food For Those in Need 15</p> <p>8:00 Continental Breakfast [B]</p> <p>10:00 Monday Morning Workout [WEB]</p> <p>1:00 The 4 Pillars of Health: Movement [ML]</p> <p>1:30 Food Club: TBA</p> <p>2:00 Random Acts of Kindness: Loaves & Fishes Food Drive [GR]</p> <p>3:30 TedTalk: Random Acts of Kindness [ML]</p> <p>7:00 Monday Night Movie Club [ML]</p> | <p>Random Acts of Kindness: Be a Welcoming Neighbor 16</p> <p>8:00 Continental Breakfast [B]</p> <p>8:30 Transportation to Jewel/Osco</p> <p>10:30 Balance & Stability Class [Z]</p> <p>11:30 Tech Tuesday - How to set up Zoom [ML]</p> <p>1:45 Heart Healthy: Motion is Lotion [Z]</p> <p>3:00 Hallway Happy Hour: Invite Your Neighbor to Join You [HW]</p> <p>6:30 News & Views [GR]</p> | <p>Random Acts of Kindness: Compliment Day 17</p> <p>8:00 Continental Breakfast [B]</p> <p>9:30 Chair Yoga [Z]</p> <p>11:00 Morning Mindfulness: Gratitude 3 [ML]</p> <p>1:00 Creative Arts: Sugar Scrub [Z]</p> <p>3:00 Share a Cup of Joe & a Kind Word</p> <p>7:00 Bunco Group [GR]</p> | <p>Random Acts of Kindness: Be Eco Friendly/Recycle Boxes 18</p> <p>8:00 Continental Breakfast [B]</p> <p>10:00 Walk & Stretch [Z]</p> <p>2:00 Resident Forum [Z]</p> <p>3:00 Trivia Thursday [Z]</p> <p>4:00 Slow Flow Mat Yoga [Z]</p> <p>5:30 Bring Your Dinner and Dine Together [GR]</p> | <p>Random Acts of Kindness: Be Eco Friendly/Use the Same Cup All Day 19</p> <p>8:00 Continental Breakfast [B]</p> <p>9:30 Finance & Fun: Derek McDaniel from Merrill Lynch [GR]</p> <p>10:00 Tai Chi (7 Week Session) [Z]</p> <p>11:15 Wellbeats Class [FS]</p> <p>12:30 Avenida Lunch Bunch [GR]</p> <p>3:00 One Day University: Your Brain Goes to the Movies [ML]</p> <p>7:00 Friday Night Movie Club: Guarding Tess [ML]</p> | <p>9:00 Saturday Morning Continental Breakfast [B] 20</p> <p>10:00 Saturday Morning Chair Yoga [Z]</p> <p>1:30 Weekend Walking Group [HW]</p> <p>2:00 Self Defense for Women: 8 Self-Defense Moves Every Woman Should Practice [WEB]</p> <p>3:30 Learn How to Knit [WEB]</p> |
| | | | <p>10:00 Morning Movement [WEB] 21</p> <p>11:30 Weekend Walking Group [HW]</p> <p>7:30 Evening Relaxation & Mindfulness [WEB]</p> | <p>8:00 Continental Breakfast [B] 22</p> <p>10:00 Monday Morning Workout [WEB]</p> <p>11:00 Life Care Planning Presentation by A/Z Health & Elder Law LLC: [Z]</p> <p>1:00 The 4 Pillars of Health: Sleep [ML]</p> <p>1:30 Genealogy Club [GR]</p> <p>3:00 One Day University: The Life & Myth of George Washington [ML]</p> <p>7:00 Monday Night Movie Club [ML]</p> | <p>8:00 Continental Breakfast [B] 23</p> <p>10:30 Balance & Stability Class [Z]</p> <p>11:30 Tech Tuesday - How to use the Media Lounge Remotes [ML]</p> <p>1:30 Heart Healthy: You and Your Nutrition [Z]</p> <p>3:00 Hallway Happy Hour [HW]</p> <p>6:30 News & Views [GR]</p> | <p>8:00 Continental Breakfast [B] 24</p> <p>9:30 Chair Yoga [Z]</p> <p>11:00 Morning Mindfulness: Gratitude 4 [ML]</p> <p>1:00 Creative Arts: Adult Coloring [Z]</p> <p>3:00 Scavenger Hunt via Zoom [Z]</p> <p>7:00 Men's Fireside Chat [GR]</p> | <p>8:00 Continental Breakfast [B] 25</p> <p>10:00 Walk & Stretch [Z]</p> <p>11:00 Knitting Group [CA]</p> <p>12:30 Avenida Naperville Chili Day [Z]</p> <p>3:00 Trivia Thursday [Z]</p> <p>4:00 Slow Flow Mat Yoga [Z]</p> <p>5:30 Bring Your Dinner and Dine Together [GR]</p> | <p>8:00 Continental Breakfast [B] 26</p> <p>10:00 Tai Chi (7 Week Session) [Z]</p> <p>11:15 Wellbeats Class [FS]</p> <p>12:30 February Birthday Lunch Celebration [GR]</p> <p>3:00 One Day University: Drive-Thru America: A Culinary History of the Fast Food Industry [ML]</p> <p>7:00 Friday Night Movie Club: Father of The Bride (1985) [ML]</p> | <p>9:00 Saturday Morning Continental Breakfast [B] 27</p> <p>10:00 Saturday Morning Chair Yoga (Live Zoom Class) [Z]</p> <p>1:30 Weekend Walking Group [HW]</p> <p>3:00 Learn How to Knit [WEB]</p> <p>7:00 Virtual Performance/North Central College Fine & Performing Arts: Naturally 7 [WEB]</p> |
| | <p>10:00 Morning Movement [WEB] 28</p> <p>11:30 Weekend Walking Group [HW]</p> <p>7:30 Evening Relaxation & Mindfulness [WEB]</p> | | | | | | | | |



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Live Confidently
Live in Motion
Live & Learn
Live Connected