

Activity Calendar Highlights:

Daily Exercise

Various Bus Outings

Writing Letters to our
Pen Pals

2nd- Easter/Spring Crafts
-AR

9th- Easter Egg Hunt in
the Lobby

11th- Live Music with
Tom Burt-L

16th- Resident Council

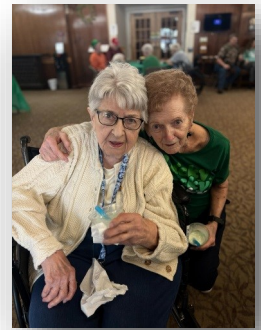
17th- Dietary
Discussion-AR

22nd- Bell Tower
Clean up Event

23rd- Baking Club/
Peanut Butter Robin
Eggs-AR

25th- Live Music with
The Good Times Band
in the Assisi Hall

Bell Tower Recap!



St. Patties Day Celebration



**Resident
Birthday
Celebration**



Adventure to the Historical Society 2025

Health and Wellness

Physical Health:

- Regular Exercise– Bell Tower encourages light to moderate activities such as walking, chair exercises, and stretches to maintain strength and flexibility.

Mental and Cognitive Health:

- Engage in Cognitive Activities– Bell Tower offers a variety of engaging activities to maintain cognitive function. Participating in the programs offered at Bell Tower will encourage lifelong learning, mindfulness and cognitive stimulation.

Safety Tips of the Month

Spring Cleaning Safety:

- Declutter rooms to reduce tripping hazards
- Involve Staff and Family: Ask for help, we are here for you!

Did you know?

Fall Prevention is crucial to maintain safety, mobility and independence.

- Environmental Safety– Ensure hallways and rooms are well lit with adequate lighting. Utilize your assistive devices provided to you such as grab bars and handrails.
- Physical Fitness– Participate in the daily exercises provided such as Chair Aerobics, Strength Training and Zumba.
- Vision and Hearing Care– Ensure you are attending your routine medical appointments.
- Assistive Devices– Proper use of walkers and canes are important for Fall Prevention. Bell Tower encourages the use of well-fitting and non slip footwear.