Earn

$1,500

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

*Restrictions apply. See Leasing Team for more information.

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A RESORT-STYLE 55+ ACTIVE ADULT COMMUNITY



*Newsletter February 2021*


# AVENIDALIFE

## 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.


*(continued on page 2)*

### 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 avocadoes, 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:

## IMPROVE YOUR HEART HEALTH WITH THESE TIPS

continued from cover

### 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.

## Groups and Clubs at Avenida

**Hand and Foot** | Hand and Foot is a popular variation from the rummy type card game of Canasta. Hand and Foot club meets every Tuesday at 6:30p in the Club Room. Contact Barbara Witthoft (901) 704.9612 for more information. Beginners welcomed!

**A Novel Idea** | Need more members! If you're interested in joining a dynamic book club, see Jordan to sign up.

**Poker** | The Poker Club is wheelin' and dealin' in the Club Room. They will meet Mondays at 6:30pm in the Club Room. Call Twila Huffman (901) 497.6091 for more information.

**Gardening** | Want to get your hands dirty in our community garden? The Gardening Club is developing an herb garden in our community! Call Bob Capkovic (901) 647.4371 for more information.

**Ladies Corner** | Call Brenda Hoolihan (320) 293.7951 for more information.

**Bridge** | Need more members! Call Twila Huffman at (901) 497.6091 for more information.

**Volunteer** | Have a giving heart? Join the Volunteer Group for monthly volunteer opportunities. Call Brenda Hoolihan (320) 293.7951 for more information.

**Crafts** | Want to learn to make jewelry, home décor, and more? Join the Crafts Club! They meet the first Thursday of every month at 11a in the Creative Arts Studio. Call Kathy Curry (314) 852.9762 for more information.

**Walking Club** | Meet in the lobby to go on a leisure or brisk walk at noon everyday.

**Memphis Mavens** | TBD
**Bible Study** | TBD
**Veterans of Avenida** | TBD

**Do you have a club idea? Would you like to lead a club?**
**Visit Jordan at the front desk to let her know!**
**Some ideas are Crockpot Cookers, Men's Group, Fitness Friends, etc.**

### Live Life

**Art with Anita**
Every Wednesday at 2:00 pm
Join the hottest class at our community and see what all the buzz is about! Join Anita for a variety of art classes.

### Live & Learn

**One Day University**
Join us every Tuesday and Thursday at 3:00 pm for a live stream of the most fascinating lectures from the best professors across the country. This month's topics are the following:

Tuesday, February 2: Visions of America: The Real Stories Behind Famous Photographs
Thursday, February 4: Rosa Parks: Her True Story and Legacy
Tuesday, February 9: Why Art Matters: Creation and Destruction, from Ancient Times through Today
Thursday, February 11: War Without the Shooting: The Olympics Past and Future
Tuesday, February 16: The Banality of Evil: Looking Back 60 Years
Thursday, February 18: What's so Great About Dogs? The Science of Canine Love
Tuesday, February 23: American Slavery and Its Impact
Thursday, February 25: Social Change in the 60's Through Today

**Trivia**
Every Thursday at 1:00 pm
Topics this month include: Bible, General Knowledge, Earth, and Religion.

### Live in Motion

**Tai Chi with Richard**
Every Monday at 2:00 pm.
Did you know Richard is one of fifty-five Master Trainers in the world? Try one of his classes to see what Tai Chi is all about!

**Fitness with Natalie**
Every Tuesday at 1:30 pm.
Join Natalie for a variety of workouts in the Fit Studio every week. She focuses on balance a stability in all her classes so be sure to check it out!

**Wellbeats**
We offer Wellbeats classes every Wednesday, Thursday, and Friday at 12:30p. These classes are limited to 5 people, so RSVP on Sagely or let Jordan know to RSVP you!

### Live Connected

**Happy Hour**
Wednesdays at 4:00 pm

**Bingo with John**
Every Friday at 3p join your neighbor, John Lipham for Bingo in the Club Room.

**February Movies**
In the theatre on Mondays and Fridays at 4:00pm
Monday, February 1: *The Two Popes*
Friday, February 5: *Catch Me If You Can*
Monday, February 8: *Operation Odessa* (documentary)
Friday, February 12: *Sherlock Holmes*
Monday, February 15: *Into The Wild*
Friday, February 19: *The Departed*
Monday, February 22: *Cool Hand Luke*
Friday, February 26: *Rebecca*

## Five to Thrive at Avenida

## COMMUNITY HIGHLIGHTS

### Technology with Kathy

Join your neighbor, Kathy, for bi-weekly technology classes! Bring your phone and/or laptop to these events .This month, Kathy will be teaching you how to use the following:
Sagely: to RSVP for events, set up reminders for events, and receive messages from Jordan about upcoming events
Resident Portal: to pay your rent and submit maintenance requests
iPhone Basics: Do you have an iPhone? Learn how to use it to the best of your abilities in this comprehensive class!

### Mardi Gras

Kathy and Fern will be hosting a Mardi Gras celebration in the Bistro on Tuesday, February 16 at 5:30p. Call Kathy 314-852-9762 for more information

### Super Bowl LV

Kathy and Fern will be hosting a Super Bowl party in the Club Room at 5p on Sunday, February 7. Call Kathy 314-852-9762 for more information

### Mindful Meditation

Join us in the Fit Studio for a virtual Mindfulness Meditation class. Mindfulness meditation is the practice of being present in the moment, which in turn trains us to become more mindful throughout the day, particularly during difficult situations.

### Coffee & Chat

Join your neighbors every Tuesday at 9:00 am for breakfast, coffee, and some chats!

### Random Acts of Kindness Week

Random Acts of Kindness Week is February 15-19! We will have a different activity each day for you to participate in if you choose:
Monday, February 15: Handwritten cards in the Create Arts Studio to give out to whomever you choose
Tuesday, February 16: Be Kind to your body. Do a 15-minute Wellbeats class or join Natalie's class at 1:30p.
Wednesday, February 17: Invite a friend to happy hour!
Thursday, February 18: Environmentally Kind. Join the gardening club this day and help with our community garden.
Friday, February 19: Recipe Swap! Bring a copy of your favorite recipe to swap with your neighbors.

Additional information is in the Sagely app.

### Happy Hour Themes

February 17: Mardi Gras! King Cake and Hurricanes will be provided☺

### Internet Safety Day

Thursday, February 11 is National Safer Internet Day. Join Jordan in the theater for a talk on how to keep your information safe on the internet!

# February 2021
## Program Calendar

AVENIDA
WATERMARQ
at Germantown

### Location Keys

| | |
|---|---|
| Bistro | B |
| Club Room | CR |
| Creative Arts Studio | CAS |
| Fitness Studio | FS |
| Lobby | L |
| Pool | P |
| Theater | T |

5 to Thrive

Live Life
Live Confidently
Live in Motion
Live & Learn
Live Connected

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | 1<br>8:00 Continental Breakfast [B]<br>12:00 Walking Club [L]<br>2:00 Tai Chi [FS]<br>4:00 Movie Monday- The Two Popes [T]<br>6:30 Poker [CR] | 2<br>**Groundhog Day**<br>8:00 Continental Breakfast [B]<br>9:00 Coffee & Chat<br>12:00 Walking Club [L]<br>1:30 Fitness with Natalie [FS]<br>3:00 One Day University: Visions of America: The Real Stories Behind Famous Photographs [T]<br>6:30 Hand and Foot Club [CR] | 3<br>8:00 Continental Breakfast [B]<br>12:00 Walking Club [L]<br>12:30 Gentle Yoga: Wellbeats class (limited to 5 people) [FS]<br>2:00 Art with Anita - Calligraphy [CAS]<br>4:00 Wine Down Wednesday [B] | 4<br>8:00 Continental Breakfast [B]<br>11:00 Create your own earrings! [CAS]<br>12:00 Walking Club [L]<br>12:30 Strength Builder: Wellbeats class (limited to 5 people) [FS]<br>1:00 Bible Trivia [CR]<br>3:00 One Day University: Rosa Parks: Her True Story and Legacy [T] | 5<br>8:00 Continental Breakfast [B]<br>12:00 Walking Club [L]<br>3:00 Bingo [CR]<br>4:00 Friday Night Movie- Catch Me If You Can [T] | 6<br>9:00 Continental Breakfast [B]<br>10:00 Chair Yoga [FS]<br>12:00 Walking Club [L] |
| 7<br>12:00 Walking Club [L]<br>5:00 Super Bowl Party [CR] | 8<br>8:00 Continental Breakfast [B]<br>12:00 Walking Club [L]<br>2:00 Tai Chi [FS]<br>4:00 Documentary Monday - Operation Odessa [T]<br>6:30 Poker [CR] | 9<br>8:00 Continental Breakfast [B]<br>9:00 Coffee & Chat<br>12:00 Walking Club [L]<br>1:30 Fitness with Natalie [FS]<br>3:00 One Day University: Why Art Matters: Creation and Destruction, from Ancient Times through Today [T]<br>6:30 Hand and Foot Club [CR] | 10<br>8:00 Continental Breakfast [B]<br>11:00 Technology with Kathy - Sagely and Resident Portal [T]<br>12:00 Walking Club [L]<br>12:30 Barre Pilates Flow: Wellbeats (limited to 5 people) [FS]<br>2:00 Art Class: Jewelry Making - Ladderstitch [CAS]<br>4:00 Wine Down Wednesday [B] | 11<br>8:00 Continental Breakfast [B]<br>11:30 Safer Internet Day [T]<br>12:00 Walking Club [L]<br>12:30 Bring the Heat: Wellbeats (limited to 5 people) [FS]<br>1:00 General Knowledge Trivia [CR]<br>3:00 One Day University: War Without the Shooting: The Olympics Past and Future [T] | 12<br>8:00 Continental Breakfast [B]<br>11:30 Chinese New Year Celebration [B]<br>12:00 Walking Club [L]<br>3:00 Bingo [CR]<br>4:00 Friday Night Movie - Sherlock Holmes [T] | 13<br>9:00 Continental Breakfast [B]<br>12:00 Walking Club [L] |
| 14<br>**Valentine's Day**<br>12:00 Walking Club [L] | 15<br>**Handwritten Cards**<br>**Presidents' Day**<br>8:00 Continental Breakfast [B]<br>11:00 Valentine's Celebration [B]<br>12:00 Walking Club [L]<br>2:00 Tai Chi [FS]<br>4:00 Movie Monday - Into the Wild [T]<br>6:30 Poker [CR] | 16<br>**Be Kind to Your Body**<br>**Mardi Gras**<br>8:00 Continental Breakfast [B]<br>9:00 Coffee & Chat<br>12:00 Walking Club [L]<br>1:30 Fitness with Natalie [FS]<br>3:00 One Day University: The Banality of Evil: Looking Back 60 Years [T]<br>5:30 Mardi Gras Party [B]<br>6:30 Hand and Foot Club [CR] | 17<br>8:00 Continental Breakfast [B]<br>12:00 Walking Club [L]<br>12:30 Move Your Body: Wellbeats (limited to 5 people) [FS]<br>2:00 Art Class: Ceramic Painting [CAS]<br>4:00 Invite a Friend to Mardi Gras [B] | 18<br>8:00 Continental Breakfast [B]<br>9:30 Environmentally Kind [P]<br>12:00 Walking Club [L]<br>12:30 Combo Frenzy: Wellbeats (limited to 5 people) [FS]<br>1:00 Earth Trivia [CR]<br>3:00 One Day University: What's So Great About Dogs? The Science of Canine Love [T] | 19<br>8:00 Continental Breakfast [B]<br>11:00 Recipe Swap [B]<br>12:00 Walking Club [L]<br>3:00 Bingo [CR]<br>4:00 Friday Night Movie - The Departed [T] | 20<br>9:00 Continental Breakfast [B]<br>10:00 Chair Yoga [FS]<br>12:00 Walking Club [L] |
| 21<br>12:00 Walking Club [L] | 22<br>8:00 Continental Breakfast [B]<br>12:00 Walking Club [L]<br>2:00 Tai Chi [FS]<br>4:00 Movie Monday - Cool Hand Luke [T]<br>6:30 Poker [CR] | 23<br>8:00 Continental Breakfast [B]<br>9:00 Coffee & Chat<br>12:00 Walking Club [L]<br>1:30 Fitness with Natalie [FS]<br>3:00 One Day University: American Slavery and Its Impact [T]<br>6:30 Hand and Foot Club [CR] | 24<br>8:00 Continental Breakfast [B]<br>11:00 Technology with Kathy - iPhone Basics [T]<br>12:00 Walking Club [L]<br>12:30 Circuit for Life: Wellbeats (limited to 5 people) [FS]<br>2:00 Art Class: Watercolor Painting [CAS]<br>4:00 Wine Down Wednesday - National Margarita Day! [B] | 25<br>8:00 Continental Breakfast [B]<br>12:00 Walking Club [L]<br>12:30 Let It Go: Wellbeats (limited to 5 people) [FS]<br>1:00 Religion Trivia [CR]<br>3:00 One Day University: Violence, Protest, and Social Change from the 60's Through Today [T] | 26<br>8:00 Continental Breakfast [B]<br>12:00 Walking Club [L]<br>3:00 Bingo [CR]<br>4:00 Friday Night Movie - Rebecca [T] | 27<br>9:00 Continental Breakfast [B]<br>10:00 Chair Yoga [FS]<br>12:00 Walking Club [L] |
| 28<br>12:00 Walking Club [L] | | | | | | |