



August Dayview Station NEWSLETTER

Welcome to Dayview Station! your community's new Social Sanctuary. We're thrilled to officially open our doors and offer a safe, supportive, and engaging environment for adults over 50. Our mission is to provide high-quality care and enrichment, promoting independence, well-being, and social interaction.

Also, Can we give a major shoutout to our fearless CEO. Your vision, drive, and tireless dedication made this grand opening a reality. You turned a dream into something tangible, and i'm so proud to stand beside you as this new chapter begins. Congratulations on an incredible launch- this is only the beginning!

Healthy Living Tip

Healthy eating is an important part of healthy aging. As with exercise, eating well is not just about weight. Having a healthy diet can help support muscles and strengthen bones, which can help with balance and independence. A nutritious diet involving a variety of fresh fruits and vegetables, whole grains, healthy fats, and lean proteins also can help boost immunity and lower the risk of certain health problems such as heart disease, high blood pressure, obesity, type 2 diabetes, stroke, and some cancers.



Monthly Reflexion

"We don't stop playing because we grow old;
We grow old because we stop Playing"

Upcoming Events

Join us for Golden Hour every Friday

8/15- Karaoke

8/22- Lets Move- Line Dancing

What's Happening?

August is National Wellness Month Awareness Month. It's easy to put our health and wellness on the back burner due to work deadlines, traffic, family obligations and other stressors. Research has shown self-care can help increase happiness by up to 71% when we manage our stress and maintain a healthy lifestyle. In fact, self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways

