

A photograph of two elderly women in a swimming pool, laughing and splashing water. The woman in the foreground has short, curly white hair and wears glasses and a dark swimsuit. The woman in the background wears a pink swim cap. The background is a warm, golden-brown color with bokeh light effects.

# Northeastern Pennsylvania LIFESTYLES™

O V E R 5 0

WINTER 2025

Elan Gardens –  
p. 11

Masonic Village of Dallas –  
p. 14

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p. 18

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# Cover Story

## INDOOR RECREATION



Hello,

Indoor recreation and activities can be a great way to improve yourself and share quality time with friends and family. This issue includes a bunch of ideas to motivate you to try something new. These fun activities can also have a number of key health and wellness benefits, includ-

ing lowering stress levels, better sleep, improving your strength and flexibility, and overall better cardiovascular health.

We encourage you to read through our magazine to check out some suggestions. You never know, you might just find an interesting hobby!

Take care,

**Marci Kacyon**  
*Executive Editor*

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**Lifestyles**  
Northeastern Pennsylvania  
OVER 50

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

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# Pay

## IT FORWARD

### CALLING ALL NONPROFITS & VOLUNTEERS

LIFESTYLES Over 50 Northeastern Pennsylvania is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

### Pay it Forward

Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania intends to “pay it forward” by recognizing a local nonprofit or volunteer for their work, and with a check donation – a small token of our appreciation for your commitment to our seniors of NEPA.

**If you are a local nonprofit or volunteer serving within our coverage area of Northeastern Pennsylvania (see our counties map on page 3), we’d like to hear from you. Please call 570-390-3350 or e-mail your information to NEPA@LIFESTYLESover50.com**

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# Spirit Of Giving

## VOLUNTEERING AMONG SENIORS

Volunteering among seniors has been linked to improved quality of life, stronger social networks, increased levels of physical activity, and lower mortality rates. One of the key benefits of volunteering is social support, and the prevention of loneliness and isolation. Following are a few more!

### It’s good for your mental health

Volunteering keeps the brain active, which contributes to better mental health. Meaningful and productive activities can help you feel happier and provide you with a positive outlook on life.

### It increases physical activity

Volunteering keeps you moving, whether you are serving meals at a shelter, helping to clean up your local parks, or walking with someone as a companion.

### It gives you a feeling of purpose

Children grow up and move out of the house, we retire from our jobs, and family and friends pass away. Regaining a feeling of purpose through volunteering can help older adults feel recharged with a new purpose for living.

### It helps you learn new skills

Many volunteer activities allow you to try things you’ve never done before and learn new skills. Embrace opportunities that are a little outside of your comfort zone.

### Following are just a few organizations that could use your help:

- Area Agency on Aging
- Foster Grandparent Program
- Meals on Wheels
- Ombudsman Program
- Senior Community Service Employment Program
- Senior Companion Program

Call 610-570-390-3350 or e-mail NEPA@LIFESTYLESover50.com and we’ll be happy to refer you to the right organization and contact.

# Tech Savvy Seniors

## PODCASTS

A podcast is similar to talk radio but is online and available anytime. A podcast is audio only – no video. Podcasts cover all genres, from politics, to sports, to culture, to comedy and everything in between. Some podcasts are structured like a typical radio talk show with a host conducting an interview. Others are more journalistic in nature. And some include co-hosts who banter back-and-forth about a topic.

**Seniors can benefit from listening to podcasts for various reasons. Here are just a few:**

- **Entertaining** – a diverse selection of topics can bring joy and laughter, making leisure time more enjoyable and fulfilling.
- **Accessibility** – listen at your convenience on various devices like smartphones, tablets and computers, whether it's during walks, while cooking or simply relaxing at home.
- **Informational** – news, current events and discussions on societal topics, help seniors stay informed and engaged in the world around them.
- **Educational** – seniors can continue learning new things and stay intellectually active listening to a vast array of topics, from history and science, to personal development and language learning.
- **Connectivity** – listening to podcasts on shared interests can provide seniors with topics for discussion, fostering social connections with friends, family and fellow enthusiasts.

**What you need to listen to a podcast:**

1. Download a podcast App on your smartphone or tablet. Popular podcast Apps include Apple Podcasts, Google Podcasts, Spotify and Stitcher.
2. Once the App is installed, search for podcasts on topics you are interested in. Use keywords or browse through categories to find shows.
3. After finding a podcast you like, subscribe to it. New episodes will automatically download or appear in your App's library when they are released.
4. Once subscribed, you can listen to episodes by clicking on the show's title and selecting the epi-

sode you want to hear. Listen using headphones or through the device's speakers.

5. Some Apps allow users to download episodes when Internet access is limited. Otherwise, you can stream episodes if you have a reliable Internet connection.

**Popular podcasts for seniors:**

- 70 Over 70 is filled with the wisdom of elders. Host Max Linsky talks to 70 people over the age of 70. Celebrities such as Dan Rather talk about their lives and how they're making the most of their time right now.
- BirdNote is a quick podcast filled with facts and sounds about birds. In just two minutes, you can learn about bird nests, the Great Blue Heron, or architecture for birds, along with hearing the calming sounds of birds in the wild.
- Relic Radio features rebroadcasts of old-time radio talk shows from the Golden Age. From horror to sci-fi, to mysteries, to comedy, Relic Radio has several topics to choose from.
- Baby Boomer Tales is for those who enjoy easy listening and reminiscing about the good old days.
- Retirement Reimagined is for those about to retire or others needing help navigating their retirement years.
- Radiolab is excellent for those who are naturally curious with interests in science, philosophy and the human experience.
- Car Talk is for those interested in comedy (and cars).
- Dirty John discusses complex topics on love, deception, forgiveness, denial and survival.

For older adults, podcasts offer a unique blend of storytelling, learning and leisure. Whether it's history, health, finance or fiction, there's a podcast out there for every interest.

*Sources Wikipedia, seniorlifestyle.com, podcastpontifications.com and samshockaday.com*

# In Your Neighborhood

## LACKAWANNA STATE PARK

### Stream That Forks

#### QUICK FACTS

**County:** Lackawanna

**Established:** 1972

**Area:** 1,445 acres

**Elevation:** 1,135 feet

**Website:** [dcnr.state.pa.us/stateparks](http://dcnr.state.pa.us/stateparks)



*Photo courtesy of visitnepa.org*

**Lackawanna State Park is located in Benton and South Abington in Lackawanna county, covering an area of 2.21 square miles.**

Named for the nearby valley of the Lackawanna River, the word means “stream that forks” and comes from the native tribe that occupied the area, called the Lenape. The first white settlers in the area gradually built homes and farms along the popular route between here and New York.

The farmers of the Lackawanna Valley organized a fair in 1898, named the Maitland Fair and Driving Park Association. A horse racing course was built on the fairgrounds on what is currently the park campgrounds. Ownership of the land next fell into the hands of a small railroad that felt it was being overcharged for water by the Scranton Gas & Water Company. Plans for building a reservoir were dropped when the railroad and water company reached an agreement over the price of water. Next the land was

rented to local farmers and later by Robert Moffat, a prominent Scranton coal baron. The Commonwealth of Pennsylvania finally purchased the land in 1968 and built Lake Lackawanna, opening the park to the public in 1972.

### Lake Lackawanna

Lake Lackawanna, a 198-acre man-made lake, is the central focus of recreation at the park. The lake is 2.5 miles long. It has 7.5 miles of shoreline. The lake was created by damming South Branch Tunkhannock Creek and its tributary Kennedy Creek. The lake is open to boating and fishing. Gas-powered boats are not permitted on the lake, but boats powered by electric motors may be used. The lake and creek are stocked with largemouth bass, trout, pickerel, channel catfish, bullhead and muskellunge. The lake is open to ice fishing and ice skating during the winter months.

### Hunting and Trails

Hunting is permitted on about 500 acres of Lackawanna State Park. The common game species are ruffed grouse, squirrels, turkey, white-tailed deer and rabbits. Hunters, hikers, horseback riders and mountain bike riders share 15 miles of multi-use trails. Trailheads are at the States Creek Mooring Area and on Rowlands, Wallsville and Austin roads. There are an additional 3 miles of hiking-only trails. The trails loop through the park passing by the lake, through forests and fields and by woodland streams.

### Camping, Picnicking and Swimming

The 61-site campground at Lackawanna State Park is open to tents and RVs. It is within walking distance of Lake Lackawanna. The campsites have electric hook-ups and there is a modern washhouse with restrooms and showers with hot water. There are three large areas for group tenting at Lackawanna State Park. This camping area has a modern wash houses as well as several fire rings and picnic tables. The picnic area is by the lake near the swimming pool, which is open Memorial Day weekend until Labor Day weekend.

*Sources Wikipedia, [visitnepa.org](http://visitnepa.org) and [dcnr.state.pa.us/stateparks](http://dcnr.state.pa.us/stateparks)*



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# Yoga for Seniors

## MAINTAINING A HEALTHY MIND, BODY & SOUL

According to the National Institute on Aging, NIH, researchers have found that yoga improves older adults' health through safe, gentle techniques. While some yoga poses (or positions) may be too advanced for a seniors' physical limitations, the exercise can easily be adapted to accommodate individuals of all ages and ability.

Yoga originated in India over 10,000 years ago. Its name is derived from the Sanskrit word "yuj," or "to join." Practitioners typically perform a series of poses that can be modified to accommodate different fitness and mobility levels. But the original purpose of yoga was for one to become more in tune with the world around them and enter a deeper level of consciousness. Today, many who practice yoga do so to improve their physical, mental and spiritual health.

**Yoga combines low-to-medium intensity exercise, breathing exercises and meditation. The following is a short list of benefits to practicing yoga:**

- Reduces inflammation, joint pain, stiffness and swelling
- A calm, peaceful environment reduces stress and helps to manage the affects of insulin production
- Improves stability and balance by targeting the core muscles of your body, strengthening both your static and dynamic balance
- Stretching different muscles improves flexibility – making it easier to handle everyday movements, like bending down to tie your shoes or pick something up
- Increases oxygenation for improved respiration
- Improves your mood through better breathing techniques, which increases melatonin levels that help you receive more relaxing and uninterrupted sleep

**Some of the more popular yoga poses include (particularly for the elderly):**

- **Chair yoga** – uses a simple chair to aid balance and help practitioners get into position. Many seniors and people with physical disabilities use

chair yoga.

- **Restorative yoga** – features floor-based poses, such as gentle stretches while lying down. Practitioners move slowly and deliberately through these poses, holding each for at least 10 minutes to achieve total mental and physical relaxation.
- **Yin yoga** – like restorative yoga, yin yoga takes place on the floor and involves extended deep stretches. You may use props like blocks and rolled blankets to get into position and breathe deeply to stretch as much as possible.
- **Hatha yoga** – a beginner-style technique that involves seated and standing poses designed to improve flexibility and strength. Practitioners learn about foundational yoga poses and practice deep breathing techniques.
- **Gentle yoga** – this discipline adapts hatha yoga poses for people who need simple and slow poses. Gentle yoga focuses on breathwork and relaxation.
- **Ashtanga yoga** – a more advanced style for older adults who are more comfortable in the practice. People often do Ashtanga yoga to build muscle, increase flexibility and focus on mental well-being.
- **Power yoga** – a fast-paced work-out of your full body to increase strength and stamina. Some classes take place in a heated room to make the workout more challenging.

The Centers for Disease Control and Prevention recommends that older adults get at least 150 minutes of moderate-intensity exercise a week. Currently, there are no official guidelines for how often older adults should practice yoga. However, research suggests that yoga performed at least twice weekly promotes decreased anxiety and depression.

And, as always, please see your general practitioner, a doctor that knows you and your physical and mental being, before considering any form of physical exercise.

*Sources [mmlearn.org](http://mmlearn.org) and [srgseniorliving.com/blog](http://srgseniorliving.com/blog)*



# Pottery

## PINCH, COIL, SLAB & THROW

Making pottery is a great way to tap into your artistic side, improve fine motor skills and foster a sense of accomplishment. Here are a few basic techniques that potters starting out can easily learn and practice.

1. **Pinch Potting** is one of the simplest pottery techniques and involves shaping clay by pinching it with the fingers to form a bowl or cup. This method requires no special tools or equipment, making it ideal for beginners.
2. **Coil Building** is another easy technique that involves rolling the clay into long, snake-like coils and stacking them to create a vessel. This technique is particularly popular for making larger pieces like vases or decorative bowls.
3. **Slab Building** involves rolling out the clay into flat sheets, which can then be cut and assembled to form various shapes and structures. This technique is perfect for creating geometric pieces, such as square planters or rectangular trays.
4. **Wheel Throwing** is a technique that involves shaping clay on a potter's wheel. While it requires practice to master, it allows for the creation of beautifully symmetrical forms like bowls, cups, vases and more.

### Tools of the trade:

- The most important tool is your hands. The hands are actually great at producing natural curves on pots. For example, dinner plates are usually made by crimping the index finger and thumb at the rim. A sponge is used to wet the pot with water while throwing to provide lubrication. A small piece of chamois leather is another grand hand tool.
- If you are interested in making any tableware, vases or other robust pottery a kiln is vital. Some potters use wood or gas to fire kilns. Electric kilns are more suitable for beginners. The smallest kilns are more mobile and can plug into a standard electrical socket. Larger kilns may need to be wired into the mains by an electrician. Due to the extremely high temperatures, kilns need to be located in a garage or external building. Care should be taken to remove flammable materials

from the area.

- Assuming you are interested in the throwing method of production, you will need a pottery wheel. It does take time to learn the throwing skill, but once mastered it's a very efficient method. Pottery wheels can be electric or powered by the potter kicking their leg. For a beginner potter, the smallest electric wheel is sufficient. It's only when making really big pots that a high-powered wheel is needed for more torque. People using kick wheels say they feel more in control than using electric wheels.

### Types of clay:

- Earthenware matures in the kiln at a low temperature. This has the advantage of requiring less energy, therefore cheaper electricity bills. Earthenware is more porous than other types of clay. This makes it unsuitable for use in dishwashers and microwaves. Water absorbed in the clay can cause cracks during heating. However, glazed earthenware is perfectly safe for food but will need to be hand washed.
- Stoneware is a middle temperature range clay. There are many types which vary in the exact temperature they mature at. It is available in varying colors from almost white to buff (tan), red or speckled. Stoneware fired to maturity is usually suitable for use in dishwashers and microwaves. This makes it an ideal clay to make tableware.
- Porcelain is the highest firing clay. If you intend to use it make sure your kiln is capable of reaching the required temperature. Many of the smaller hobby style kilns won't go that high. Porcelain is a beautiful fine ceramic which can be translucent when thin due to its purity. It is also very expensive, around twice the cost of other clay.

**So, before pinching, coiling, slabbing and throwing, investigate if there are any pottery classes or studios in your area.**

*Sources [discoveryvillages.com](http://discoveryvillages.com), [thelittlepotcompany.co](http://thelittlepotcompany.co) and [soulceramics.com](http://soulceramics.com)*

# Aquatics

## IT DOES THE BODY GOOD

By Art Villafane

From Franklin Delano Roosevelt to Ponce De Leon, people have believed for centuries that water offers therapeutic value to the human body and spirit. While we know that hot springs and mineral aquifers will not cure Polio nor make you younger, there are pools that can help you get healthier. Are you afraid to jump in? Swimming, classes and aquatic exercises provide significant health benefits as described below:

**Easy on the Joints** – Treadmills and bicycles can be difficult sometimes even painful on the joints of mature adults. This is particularly true if you are overweight to some degree. Water exercises relieve your joints of this stress. Your buoyancy in the water allows you to exercise longer and more comfortably.

**Healthy Heart** – This exercise will pay dividends as your heart becomes healthier. Heart disease is still a leading cause of death and major surgeries in this

country. You can live a healthier and happier life with a stronger heart.

**Muscle Toning** – As you swim or partake in water exercises your muscles get a thorough workout. You become stronger and fitter the more you swim. As your body gets toned you not only feel better, you look better!

**Flexibility** – Water exercises will definitely increase your flexibility. The areas that will benefit the most are your arms, legs, hips and neck. This will improve your posture and add to your muscle tone.

**Osteoporosis** – Men, but especially women, lose bone mass as they get older. This can lead to serious injury should one fall or be in some kind of accident. These exercises will lead to stronger bones in a much healthier body.

Swimmer or not, there are numerous aquatic programs that you can dangle your toes in. Chances are that you will have fun and be encouraged to live healthier. Below are several common programs that are ideal for seniors:

- Aqua Pi-Yo-Chi offers a combination of Pilates, Yoga, and Tai Chi to help each participant develop range of motion, strength and balance, while providing a soothing, stress-relieving workout.
- Aquacise is a well-balanced total body workout that includes a warm up, cardiovascular workout, toning, flexibility and abdominal work. No swimming skills are necessary.
- Aqua Arthritis is a gentle aquatics class to help minimize symptoms related to rheumatoid and osteoarthritis. These are usually conducted in warmer water therapy pools with minimal restriction to increase range of motion.
- Aqua Pump adds the resistance of water without the impact. This class is designed to move you through a challenging full body workout using noodles, barbells and dumbbells.

Whatever your desires are in regard to your fitness, you will likely find a program that fits your needs. Visit your local YMCA to find out more.

*Excerpt courtesy of LIFESTYLES Over 50 Lehigh Valley*



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# Virtual Travel

## FUN, ECONOMICAL & SAFE

Imagine the sense of wonder and excitement when you visit a far-off place ... from the comfort of your own chair! Virtual travel lends itself especially well to those who cannot easily leave their home.

**Traveling virtually does have its benefits:**

- Explore in a spontaneous, stress-free way
- Visit multiple destinations in one sitting
- Many virtual tours are free or less expensive than visiting in person
- There are no health and safety risks to be concerned about
- You'll always be first in line

Virtual travel offers computer-simulated tours of existing places through a sequence of photos and videos. In most cases, you can navigate through

the location yourself. Using your tablet, PC or other mobile device, simply search, "virtual travel" and you're there!

**Places to visit:**

**Enjoy our museums** – Google Arts & Culture partnered with over 2,500 museums and galleries around the world to offer virtual tours of their spaces. Some options include New York's Museum of Modern Art and Amsterdam's Van Gogh Museum.

**Explore our national parks** – Go to YouTube, and explore some of America's most popular parks, such as the trails of Yellowstone National Park, Yosemite National Park and more!

**Visit the zoo** – Don't have a furry friend at home to enjoy? Places like the San Diego Zoo, the Georgia Aquarium and others offer live video of pandas, penguins and beluga whales.

**Tour the Great Wall**


**of China** – Never traveled out of the United States? Offered by travel agencies, virtual trips around the world are now fun, economical and safe for everyone to enjoy!

**Fly to Mars** – International trips are one thing, but if you're feeling a bit more adventurous, you can take a trip to Mars. NASA partnered with Google to provide a three-dimensional, virtual tour of the Martian surface, recorded by the Curiosity rover.

**While a virtual trip is not the same as being there – on the beach or hiking in the mountains – it can give you a sense of 'getting away from it all' while capturing your imagination and sense of adventure!**


*Sources: USA Today and thrillist.com*





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# Game Puzzles

## FUN & ENGAGING

Game puzzles are a fantastic way to stave off boredom, offering both entertainment and mental stimulation. However, the line between casual enjoyment and addiction can be thin. This article delves into the allure of game puzzles, their benefits, and the potential pitfalls of overindulgence.

**The Allure of Game Puzzles** – Game puzzles have a unique charm that can captivate players for hours. Whether it's a rainy day, a long flight, or just some free time, these puzzles can be a perfect companion. But what makes them so addictive?

**Nostalgia and Unfulfilled Childhood Desires** – For many, the attraction to game puzzles stems from childhood. Perhaps you didn't get to play with them as much as you wanted, or maybe you longed for a specific puzzle that your parents never bought. This unfulfilled desire can manifest in adulthood, making game puzzles irresistibly appealing.

**The Thrill of Mastery** – Another reason for their allure is the sense of accomplishment they provide. Being the best at a game like Jigsaw or Sudoku can be incredibly satisfying. This drive to excel can keep you coming back for more, striving to beat your previous records.

**The Benefits of Game Puzzles** – While the addictive nature of game puzzles can be a concern, they also offer numerous benefits:

- **Cognitive Development** – Game puzzles are excellent for cognitive development. They enhance logical thinking, problem-solving skills, and even improve memory. According to a study published in the journal *Frontiers in Aging Neuroscience*, engaging in puzzles can delay the onset of dementia and Alzheimer's disease (source: *Frontiers in Aging Neuroscience*).
- **Social Interaction** – Puzzles can also be a social activity. You can play with family members, friends, or even strangers. This social interaction can improve your mood and strengthen relationships.
- **Stress Relief** – Playing puzzles can be a great way to unwind and relieve stress. The focus required to

solve puzzles can take your mind off daily worries, providing a much-needed mental break.

**The Dark Side: Addiction** – While game puzzles offer many benefits, there's a risk of addiction. A clear sign of addiction is when you start prioritizing puzzles over social activities, like turning down a night out to stay home and play.

**The Cost Factor** – Not all game puzzles are cheap. While a Rubik's Cube is an affordable and portable option, other puzzles can be quite expensive. Card games, for instance, can lead to gambling addiction if not played responsibly. According to the National Council on Problem Gambling, around 2 million U.S. adults meet the criteria for severe gambling problems (source: NCPG).

### Interesting Stats:

- **Puzzle Popularity** – According to a report by the Toy Association, puzzle sales surged by 370% during the COVID-19 pandemic (source: Toy Association).
- **Brain Benefits** – A study by the University of Exeter found that people who regularly do puzzles have brain function equivalent to 10 years younger than their age (source: University of Exeter).

**Conclusion** – Game puzzles are a fantastic way to combat boredom and offer numerous cognitive and social benefits. However, it's essential to enjoy them in moderation to avoid the pitfalls of addiction. Whether you're a fan of Rubik's Cubes, Jigsaw puzzles, or card games, remember to play responsibly and enjoy the mental stimulation they provide.

This article has been crafted to provide a comprehensive overview of the benefits and potential downsides of game puzzles. For more information on the cognitive benefits of puzzles, you can visit *Frontiers of Aging Neuroscience* and *University of Exeter*.

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# Learn How to Knit

## MASTERING THE TECHNIQUE

In order to learn how to knit, there are a myriad of books which can teach you the step by step process. It will take time, but it is rewarding once you have mastered the technique. The process by which you can learn how to knit is an easy one. By taking yarn and looping them in rows, you can make just about anything. By remembering the knit sequence of knit and purl; knit one, purl two, as well as knowing how to hold the needles and the yarn, the knit stitches can be readily applied.

While it would take more than one article to teach you how to knit, you would be better served with a list of books which can help you not only learn to knit, but learn about needles, stitches, and different types of yarns used. Before you know it, you will be able to make afghans, scarves, hats and yes, even socks.

A great book for beginners, “Learn to Knit in Just One Day” by Jean Leinhauser does indeed, according to the amazement of those who have read it, teach you to knit in one day. Another book touted as a great way to learn how to knit afghans is the “Learn-to-Knit-Afghans” by Barbara G. Walker. Consumers are delighted by the easy instructions and patterns that are included in this book. Knitting fashionable socks can be learned from Edie Eckman’s “Learn to Knit Socks” book. With easy to follow instructions that incorporate simple techniques, consumers rate this book high on the “must buy” list. To understand more about the knit and purl stitch there is a book entitled, “Harmony Guide: Knit & Purl: 250 Stitches to Knit” by Erika Knight. It covers over 250 patterns for the beginner to the advanced.

One of the most popular books that has generated a great deal of attention is called, “Knit Wit: 30 Easy and Hip Projects (Hands-Free Step-By-Step Guides)” by Amy Singer. Well-known among the knitting community, Ms. Singer has a website which has been the mainstay for knitters around the world. Her unique style lends itself to the popularity of both her Website and book.

The most popular book and author is Debbie Stoller. Her “Stitch ‘N Bitch” books have become widely successful and her off-beat commentary offers another unique look into the world of knitting. Ideal for beginners, it is no coincidence that more women have been attracted to knitting as a hobby than ever before.

If you wish to learn how to knit, take a look at any one of the aforementioned books to start your journey off on the right foot. Or should we say the right needle?

Craig Thornburrow

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# Board Game Clubs

## A FAVORITE PAST-TIME AT ANY AGE

**Board games are a favorite pastime at any age. Whether at a family dinner or hanging out with friends and family, board games are a fantastic way to spend time together ... and not be bored!**

Research suggests that playing board games is good for the brain. But perhaps, as importantly, board games are a great way to spend time with others. And since most board games are perfect for playing while seated, they're also an excellent choice for the elderly and people with mobility challenges. Today, it is easier than ever to find people to play board games with.

**Board Game Cafes** are a great option if you're fairly new to board games. Cafe staff are usually available to provide recommendations and explain the rules. Many local cafes offer an open gaming table for anyone who wants to try their hand at playing. But, as commercial establishments, there may be a cost to participate in a board game session. But, you will have access to a huge selection of games, expertise and usually snacks and drinks.

**Libraries** not only offer a collection of books, but many now provide a dedicated board game area to their patrons. Libraries are known to host free community game nights or events to encourage individuals to visit, meet people of similar interests and play a board game together.

**Game Stores** are like board game cafes, but primarily sell all types of games. Because the shops specialize in games, they are a valuable resource to connect you to events and local gaming groups. You might even bump into board gamers there! They sometimes host their own events, from release day demos to casual play sessions, to bring the local community together. These are usually free, and sometimes they'll offer a discount on board games bought during the event.

**Facebook Groups** are a great way to connect to cafes, libraries and game stores who post their events. Social media is a great place to find dedicated board gamers in your area. There are likely experienced gamers in the group who can guide you, connect you with other gamers at your age level or gaming experience, and recommend the perfect outlet for you to visit.

**Meetup** groups tend to host regular drop-in board game sessions, often in a public place where gamers bring their own board games to share with the group. Sessions may be held at a local pub or community-based venue for casual gaming and conversation. Some groups may charge a small admission to cover costs of running the group. So, please be cautious of what groups you choose to attend.

### The benefits of board games for seniors:

- Improved mental health
- Enhanced cognitive skills
- Improved social interaction
- Better focus and concentration

### Some popular board games for seniors:

Scrabble

Rummikub

Qwirkle

Sequence

Dominoes

Sagrada

Azul

Blokus

Bananagrams

Splendor

Hive

Quarto

Dixit

Codenames

Kingdomino

Uno

*Sources Wikipedia, underdoggames.com and storypoint.com*



# The Joy of Cooking

## TRANSFORMING THE CULINARY EXPERIENCE

Cooking can be a delightful experience for many, while others may find it daunting. This article explores the factors that influence our relationship with cooking and offers practical tips to make it an enjoyable and fulfilling activity.

Cooking is a beloved activity for some, yet a dreaded chore for others. Several factors contribute to this dichotomy, including personality traits, past experiences, and familial traditions. Some individuals may have never been taught how to cook properly, while others may have lacked interest because a family member always handled meal preparation.

### Factors Influencing Cooking Preferences:

- **Personality Traits:** Some people naturally enjoy the creative process of cooking, while others may find it stressful.
- **Past Experiences:** Positive or negative experiences in the kitchen can shape one's attitude towards cooking.
- **Family Traditions:** Knowledge and skills passed down through generations can influence one's comfort level with cooking.

One way to find joy in cooking is to have a clear purpose. For instance, you might want to provide nutritious meals for your family to ensure their well-being. This motivation can make the cooking process more rewarding, knowing that you are contributing to the health and happiness of your loved ones.

Having a meal plan can significantly reduce the stress associated with cooking. Planning your meals in advance ensures that you have all the necessary ingredients on hand, making the cooking process smoother and more enjoyable. According to a study by the American Journal of Preventive Medicine, meal planning is associated with a healthier diet and reduced risk of obesity.

Cooking can be a relaxing activity if you create the right environment. Listening to music or chatting with a friend while preparing a meal can make the experience more enjoyable. A study published in the Journal of Positive Psychology found that engaging in creative activities like cooking can improve overall

well-being. Even those who struggle to boil water can learn to cook with time and practice. Start with simple recipes and gradually move on to more complex dishes. Online resources, cooking classes, and cookbooks can be valuable tools in this learning process.

Involving your children in the cooking process can make it more fun and educational. It can also help them develop essential life skills and a positive attitude towards food. According to a study by the Journal of Nutrition Education and Behavior, children who participate in cooking are more likely to make healthier food choices. Home-cooked meals are generally healthier than processed or restaurant foods. A study by Public Health Nutrition found that people who frequently cook at home consume fewer calories, sugar, and fat (source: [www.cambridge.org](http://www.cambridge.org)).

Manish Gaur

*Courtesy: Free Guest Posting Articles from Articles-Factory.com*

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# Chair Exercises

## SAFE & EFFECTIVE

**Most forms of physical exercise involve strain. But exercising while seated can reduce the amount of stress on your body. Chair exercises are especially helpful for older adults looking to become healthier and more active but have physical limitations.**

**If any of the following describes you, you might want to consider chair exercises:**

- Struggle with balance
- Higher risk for falling
- Limited range of motion
- Recently had surgery or an injury
- Wanting to perform daily tasks with greater ease

The last thing you want to do is overstress your body and cause injury. Chair exercises can be very effective for seniors, offering a safe and accessible way to build strength, improve flexibility, and enhance mobility, especially for those with balance or physical challenges. “It’s always best to do a workout standing if you can,” says Franklin Antioian, C.P.T. and founder of iBodyFit. That said, standing exercises aren’t manageable or safe for everyone. “And if that’s the case, the added benefits are cancelled out by increasing your risk of injury,” Antioian says. “Plus, with the right routine, you can absolutely get an effective full-body strength workout while seated.”

**How chair exercises are beneficial:**

- Build and maintain strength in the legs, arms, and core, while also improving flexibility through gentle stretching and range of motion exercises.
- Improve blood flow and lubricate joints to improve mobility and reduce pain, making it easier to perform daily activities.
- Strengthen muscles and improve balance to help reduce the risk of falling.
- Easy to incorporate into daily routines, whether it’s during a break from sitting or as part of a structured workout program.

- Promote a greater sense of well-being and confidence.
- Increase energy.

**Examples of chair exercises:**

- Knee extensions – Straighten one leg out in front of you while sitting, hold for a second, then lower back down.
- Seated marches – Lift one leg as high as possible while seated, then lower it, alternating legs.
- Arm raises – Sit with your arms at your sides, then slowly raise your arms overhead.
- Chest stretch – Sit with your arms bent at 90 degrees, then gently stretch your chest forward.
- Side bends – Sit with your back straight, then gently bend your torso to one side, then the other.
- Chair yoga – Many yoga poses can be adapted to sitting in a chair to improve flexibility and balance.

**Safety considerations:**

You don’t need a special chair for chair exercises, but the one you use should be sturdy. Don’t use a folding chair or one with wheels or rollers. For most exercises, armless chairs are best. If your chair is sitting on a smooth surface, you may need to back it up to a wall, so it can’t slip. As always, consult your physician before engaging in any physical activity.

Fitness is the key to a healthier life, but many seniors aren’t getting the exercise they need. Only 15% of those between the ages of 65 and 74 say they engage in regular physical activity. Regular exercise can help delay or even prevent some diseases and disabilities older adults are more susceptible to. The more you keep your body moving, the better it will respond to the aging process. Chair exercises can be the answer for those who want to get fit.

*Sources webmd.com, silversneakers.com/blog and lifeline.ca*



# Indoor Gardening

## A SOURCE OF JOY YEAR-ROUND

Seniors and health care professionals have realized that gardening has many benefits, including: reducing stressors associated with health concerns; maintaining mental sharpness; and fostering relaxation. Cultivating a garden and longing for the harvest can deliver a strong sense of purpose and accomplishment, while encouraging the development of new skills.

However, a large outdoor garden can sometimes be too much for an elderly person, especially someone with a physical disability or lacking space and outdoor access. Planting indoors is a safe and practical alternative. In a way, caring for plants is similar to caring for pets. Watching plants grow and bloom is a wholesome experience that will bring you and your loved one much joy and happiness.

There are many other perks to having indoor plants as well:

- They are aesthetically pleasing to view
- They are a natural air purifier by helping to remove toxins
- They act as a humidifier by adding moisture to the air
- And some plants, such as fresh herbs are edible

Types of plants:

- Herbs don't take up much indoor space. Some herbs like thyme, basil, cilantro, mint, oregano, sage, rosemary, parsley and chives are great additives to certain foods, such as pasta and tea.
- Growing microgreens is another indoor gardening idea. To start planting microgreens, lay the seeds of beets and radishes evenly on a thin bed of soil, napkin or cloth. With a high-concentration of vitamins and nutrients, they can be enjoyed with various dishes, such as salads, sandwiches, pasta and more.
- Did you know that many store-bought vegetables can regenerate in water and soil? Growing vegetables from kitchen scraps is another enjoyable indoor gardening activity. It is cost-effective and sustainable.
- Most terrariums are self-sustaining ecosystems that can survive for years with only a modest water supply. Terrariums are easy to assemble and maintain and can brighten up even the smallest living space.

Whether it's a succulent or cactus, snake plant or spider plant, aloe vera or mint plant, most indoor plants require very little sun, moisture and care, but can easily be enjoyed year-round!

Sources [americanhouse.com](http://americanhouse.com), [12oaks.net](http://12oaks.net) and [gardeningknowhow.com](http://gardeningknowhow.com)



### *Enjoy Every Moment*

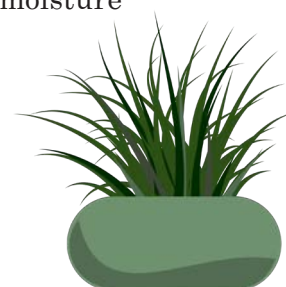
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# Remember When?

## PAINT-BY-NUMBERS

**Paint-by-Numbers is an approach that allows anyone with limited to no artistic skill at all to enjoy painting with very little instruction. For example, a picture is divided into sections. Each section is marked with a number that corresponds to the numbered paint color. By painting all numbered sections in the picture with the same numbered color provided in the kit, a beautiful masterpiece emerges, even if you've never painted before.**

The first patent for the 'Paint-by-Numbers' technique was filed in 1923 by the Palmer Paint Company. Max S. Klein, the owner of the company approached an employee, Dan Robbins with the idea for the project. But the invention of paint-by-numbers can actually be traced back to Leonardo Da Vinci. He would give his art students canvases that were numbered in correspondence to the type of paint technique they should do in that area. It was based on Leonardo's technique that Dan Robbins formed his idea and built an entire product around. Using Leonardo da Vinci's Mona Lisa as inspiration, Dan Robbins began by painting small portions of the Mona Lisa on canvas. The result was that he painted every detail in order, from left to right and top to bottom with no mistakes.

The ultimate solution that Klein and Robbins employed to mass produce their product is truly amazing. Instead of packaging the paint in glass jars, they used pill capsules. They rolled the canvas instead of stretching it and used their in-house paint department to color-match the more expensive oil paints. Because numbering each capsule would cost too much, they created a numbered color palette that all the pills would be placed in. Finally, in 1951 the company introduced the Craft Master paint kit, proclaiming, "A BEAUTIFUL OIL PAINTING THE FIRST TIME YOU TRY." It went on to sell over 12 million units.

Many of us have seen paint-by-numbers works of art by friends, family, on social media and even in art books. You may even know someone who is a paint-by-numbers enthusiast. That person might even be you! In 1992, Michael O'Donoghue and Trey Spee-

gle organized and mounted a show of O'Donoghue's paint-by-number collection in New York City at the Bridgewater/Lustberg Gallery. After O'Donoghue's death in 1994, the Smithsonian Museum of American History exhibited many pieces from O'Donoghue's collection, along with works from other collectors. In 2008, a private collector in Massachusetts assembled over 6,000 paint-by-number works dating back to the 1950s to create the Paint By Number Museum, the world's largest online archive of paint-by-numbers works. And following the death of Max Klein in 1993, his daughter Jacquelyn Schiffman donated the Palmer Paint Company archives to the Smithsonian Museum of American History for others to see.



In May 2011, Dan Robbins and the Palmer Paint Company came together to develop a new 60th Anniversary paint-by-number set. The collector's set was created in memory of the survivors and those who had lost their lives on September 11, 2001 and depicts the Twin Towers standing in spirit across the Manhattan skyline.

Painting is a great way to express yourself. You can find inspiration everywhere. Many of the great artists have drawn their inspiration from nature itself. From da Vinci's paintings of flowers and birds to Monet's depictions of water lilies, today's artists can use paint-by-numbers to create something special for everyone to enjoy.

*Sources Wikipedia, [paint-by-numbers.store](http://paint-by-numbers.store), [bestpaintbynumbers.com/blogs](http://bestpaintbynumbers.com/blogs) and [ell-vree.com/blogs](http://ell-vree.com/blogs)*

# Games

## AND ACTIVITIES

# .....SUDOKU.....

	2	5		4	8	6		9
	4				5			3
9			7					4
6	8	1	5					
		9	4		6	8		
					2	1	3	6
8					7			5
3			2				7	
5		2	6	8		3	9	

					4	6		8
2			5		8	9		
		7			9		2	
		1	4		2	3	8	
	8	2				7	6	
	7	3	6		5	1		
	1		2			5		
		5	1		6			4
7		4	8					

### Sudoku Directions:

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares” made up of 3 x 3 spaces. Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9,

without repeating any numbers within the row, column or square.

Answers are provided on page 23.

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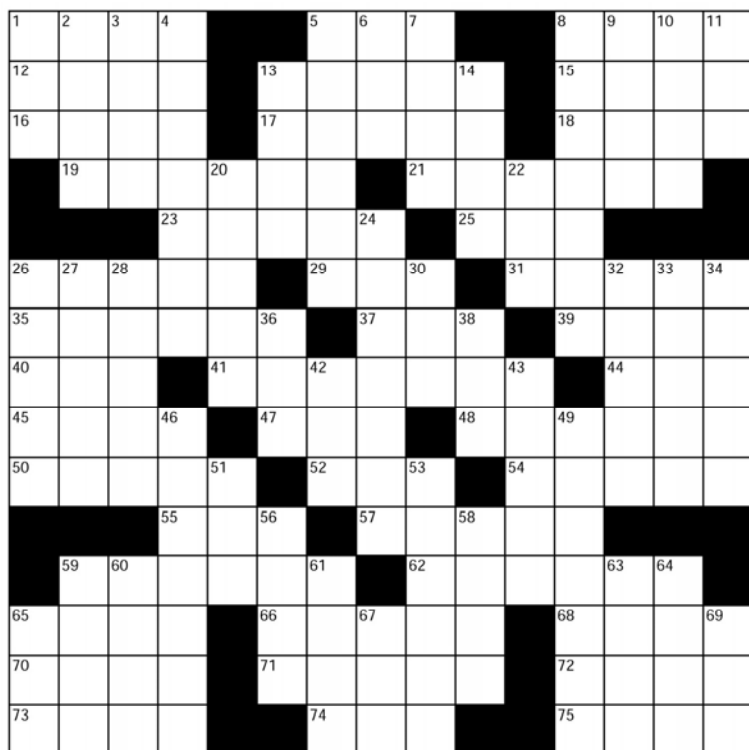
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# Games

## AND ACTIVITIES

# CROSSWORD PUZZLE



### DOWN

Answers are provided on page 23.

- 1 Wing
- 2 Opp. of rich
- 3 Scratch
- 4 Picks
- 5 Outcast
- 6 \_\_ Lanka
- 7 Institution (abbr.)
- 8 Wood varnish
- 9 Diminish
- 10 Ave.'s opposite
- 11 Pigpen
- 13 Tides
- 14 Snow gliders
- 20 Wartime hidden bombs
- 22 Turkey
- 24 Tablet
- 26 Spanish 'friend'
- 27 Relating to the sun
- 28 Single throb
- 30 Lick
- 32 Imposing
- 33 Civil authority
- 34 White poplar
- 36 Affirmative
- 38 Whelp
- 42 Travel term
- 43 Period
- 46 Money pincher
- 49 Agreement between nations
- 51 South southeast
- 53 Prestigious British university
- 56 Santa call (2 wds.)
- 58 Spring flower
- 59 Greek goddess of youth
- 60 Women's magazine
- 61 Vanish
- 63 Zoom
- 64 Part of a semester
- 65 Been
- 67 Not (refix)
- 69 Body of water

### ACROSS

- 1 Heroic
- 5 Pressure unit
- 8 Southwest by south
- 12 Very reluctant
- 13 Makes money
- 15 Stop moving
- 16 South of the border crazy
- 17 Refreshing
- 18 Covet
- 19 Parallelograms
- 21 Blue-blooded
- 23 Strong rope fiber
- 25 Sun's name
- 26 Quaking tree
- 29 In what manner
- 31 Lava
- 35 Shy
- 37 Zoom
- 39 Little Mermaid's Sebastian
- 40 Infirm
- 41 Lemon-lime soda spelled
- 44 Sailor's yes
- 45 Cut
- 47 Transgression
- 48 Acid
- 50 Sandwich cookies brand
- 52 Past
- 54 Giant in 'Princess Bride'
- 55 Tree
- 57 Live
- 59 Of this
- 62 Least confined
- 65 Join by heating
- 66 Capital of Vietnam
- 68 Opp. of yeses
- 70 Competent
- 71 Aromas
- 72 Weed in a wheat field
- 73 Dreamer
- 74 Cease
- 75 Writer Bombeck

# JOKES & FUNNIES

## ANIMAL TRIVIA

A group of giraffes is known as a tower.

Giraffes have the highest blood pressure.

The giraffe has no vocal cords.

The three toed Sloth is the slowest animal in the world.

A snail can sleep for 3 years.

The dove is the universal symbol of peace.

A cockroach has 12 heart chambers.

Rabbits are born blind.

A group of hedgehogs is known as a pickle.

A bullfrog never sleeps.

A baby fox is known as a kit, pup or cub.

A kangaroo rat does not drink water.

The fingerprints of a koala resemble those of humans.

The lobster has ten legs.

The leader of a herd of elephants is the matriarch.

A group of kittens is known as a kindle.

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# Games

## AND ACTIVITIES

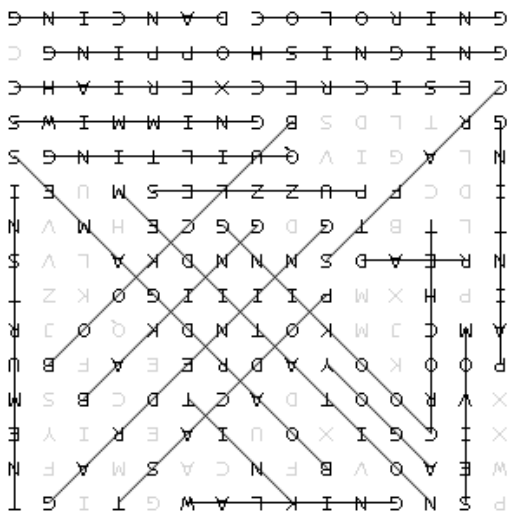
### Word Search

#### Indoor Recreation

P S N G N I K L A W G T I G T  
W E A O V B F N C A S M A F N  
X I C G I X O U I A E R I Y E  
X V R O O T D A C T D C B S M  
P O O K O Y A D R E E A F B U  
A M C J M K O T N D K Q O J R  
I P H X M P I I I I G O K Z T  
N R E A D S N N N D K A L V S  
T L T B T G D G G C E H M V N  
I D C F P U Z Z L E S M U E I  
N L A G I V Q U I L T I N G S  
G R T L D S B G N I M M I W S  
C E S I C R E C X E R I A H C  
G N I G N I S H O P P I N G C  
G N I R O L O C D A N C I N G

Baking  
Board Games  
Book Club  
Chair Exercise  
Coloring  
Cooking  
Crafts  
Crochet  
Dancing  
Gardening  
Instrument  
Knit

Meditation  
Movies  
Painting  
Podcast  
Puzzles  
Quilting  
Read  
Shopping  
Singing  
Swimming  
Walking  
Yoga



#### SUDOKU ANSWERS

5	7	2	6	8	4	3	9	1
3	1	6	2	5	9	4	7	8
8	9	4	1	3	7	2	6	5
4	5	7	8	9	2	1	3	6
2	3	9	4	1	6	8	5	7
6	8	1	5	7	3	9	4	2
9	6	3	7	2	1	5	8	4
1	4	8	9	6	5	7	2	3
7	2	5	3	4	8	6	1	9

7	9	4	8	5	3	2	1	6
3	2	5	1	9	6	8	7	4
6	1	8	2	4	7	5	9	3
9	7	3	6	8	5	1	4	2
4	8	2	9	3	1	7	6	5
5	6	1	4	7	2	3	8	9
8	5	7	3	6	9	4	2	1
2	4	6	5	1	8	9	3	7
1	3	9	7	2	4	6	5	8

#### CROSSWORD PUZZLE ANSWERS

E	P	I	C		P	S	I		S	W	B	S			
L	O	T	H		E	A	R	N	S		H	A	L	T	
L	O	C	O		B	R	I	S	K		E	N	V	Y	
	R	H	O	M	B	I		T	I	T	L	E	D		
		S	I	S	A	L		S	O	L					
A	S	P	E	N		H	O	W		M	A	G	M	A	
M	O	U	S	E	Y		Z	I	P		C	R	A	B	
I	L	L		S	E	V	E	N	U	P		A	Y	E	
G	A	S	H		S	I	N		P	H	E	N	O	L	
O	R	E	O	S		A	G	O		A	N	D	R	E	
		A	S	H		E	X	I	S	T					
	H	E	R	E	O	F		F	R	E	E	S	T		
W	E	L	D		H	A	N	O		I		N	O	E	S
A	B	L	E		O	D	O	R	S		T	A	R	E	
S	E	E	R		E	N	D				E	R	M	A	



# What To Do

## WITH YOUR GRANDCHILDREN

Besides being a creative outlet for artistic expression and motivation for children, coloring has been discovered to provide tremendous mental health benefits for older adults as well. Coloring is a great way to practice patience and relaxation, providing a calming effect. It encourages self-awareness, curiosity and confidence.

Many Websites offer free downloadable artwork. All you need is a printer and paper. Common media include crayons, colored pencils, chalk and markers.

# COLORING

For the serious artist, using a blender, highlighter, white gel pen or fine liner are great tools to make your artwork look more realistic.

Try your skill at coloring the butterfly. Spring is just around the corner. The butterfly symbolizes transformation, rebirth and personal growth. It represents the journey of self-discovery and the ability to change and evolve. Try coloring and have fun while doing it!



E-mail us a picture of your completed drawing. E-mail to: [nepa@lifestylesover50.com](mailto:nepa@lifestylesover50.com)

# Events Calendar

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96 Huntsville Rd., Dallas, PA 18612  
570-675-1182

**Bethany Public Library**  
1406 North Main St., Honesdale, PA 18431  
570-253-1220

**Carbondale Library**  
5 North Main St., Carbondale, PA 18407  
570-282-4281

**Eastern Monroe Public Library**  
1002 PA-611, Stroudsburg, PA 18360  
570-421-0800

**Forest City Library**  
531 Main St. 1st floor, Forest City, PA 18421  
570-785-5590

**Hamlin Community Library**  
518 Easton Turnpike, Lake Ariel, PA 18436  
570-689-0903

**Hawley Library**  
103 Main Ave, Hawley, PA 18428  
570-226-4620

**Hoyt Public Library**  
284 Wyoming Ave., Kingston, PA 18704  
570-287-2013

**Lafin Library**  
47 Lafin Rd., Wilkes-Barre, PA 18702  
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570-676-4518

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71 S Franklin St., Wilkes-Barre, PA 18701  
570-823-0156

**Palmerton Public Library**  
402 Delaware Ave., Palmerton, PA 18071  
610-826-3424

**Pike County Library**  
119 E Harford St., Milford, PA 18337  
570-296-8211

**Pike County Library - Dingman's**  
100 Bond Ct., Milford, PA 18337  
570-686-7045

**Pittston Memorial Library**  
47 Broad St., Pittston, PA 18640  
570-654-9565

**Plymouth Public Library**  
107 W Main St., Plymouth, PA 18651  
570-779-4775

**Pocono Township Library**  
112 RR 611, Tannersville, PA 18372  
570-629-5858

**Susquehanna County Library**  
458 High School Rd., Montrose, PA 18801  
570-278-1881

**Taylor Library**  
710 S Main Street, Taylor, PA 18517  
570-562-1234

**Towanda Public Library**  
104 Main St., Towanda, PA 18848  
570-265-2470

**Tunkhannock Public Library**  
220 W Tioga St., Tunkhannock, PA 18657  
570-836-1677

**Valley Community Library**  
739 River St., Peckville, PA 18452  
570-489-1765

**Wayne County Library**  
1406 Main St., Honesdale, PA 18431  
570-253-1220

**West Pittston Library**  
200 Exeter Ave., West Pittston, PA 18643  
570-654-9847

**Wyalusing Public Library**  
115 Church St., Wyalusing, PA 18853  
570-746-1711

**Wyoming Free Library**  
358 Wyoming Ave., Wyoming, PA 18644  
570-693-1364

# Giving Back

## WE WANT TO HEAR FROM YOU!

Giving back to your community through volunteer groups, non-profit organizations, charities or other means does so much to help those in need and contribute to the common good. You can give back in different ways, by giving of your money or your time. No matter how you do it, giving back to your community will touch many people's lives.

Following are three ways by which you can give back:

**1 Volunteer:** Give back by volunteering your time. You'll be amazed with the people you meet and the experiences you have when you help others in need. Volunteering at your local senior center is a great way to help. Other ways you can help include aiding seniors with daily tasks by keeping them independent and in their own homes.

**2 Offer your skills:** Are you a handyman? Give back by offering to help a neighbor with some household fixes. A writer? Help your favorite charity promote their work by preparing press releases, managing their social media and updating their Website. Offering your skills to those who can use them is an empowering way to give back.

**3 Donate to a charity:** Help those in need by giving a few dollars to your favorite charity. Don't have extra money to give? Donate your unused clothing to your local Salvation Army or Goodwill store. Offer your used books to a local library, school or shelter. Or, donate food supplies to an animal shelter or to your local food bank.

Calling all non-profits and volunteers!

**LIFESTYLES Over 50 Northeastern Pennsylvania** is a print magazine distributed 6x annually, connecting seniors with local healthcare providers, senior living facilities, health-related resources, healthy-living activities and community events. Delving into topics of interest to seniors of NEPA, we hope to encourage vibrant, healthy and productive living through the stories we share about the people we meet and the businesses that serve this great region.

**Each issue, LIFESTYLES Over 50 Northeastern Pennsylvania recognizes a local nonprofit, individual or group for their contribution to our region.**

If you are a local nonprofit, individual or group serving within Northeastern Pennsylvania (see our counties map on page 3), please call 570-390-3350 or e-mail your information to [NEPA@LIFESTYLESover50.com](mailto:NEPA@LIFESTYLESover50.com).

**We're interested in sharing what others are doing to give back!**

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