



Bowmanville Creek
Retirement Community



Bowmanville Creek

Monthly News Buzz



March 2020 Newsletter • Bowmanville, ON

We're Staying Busy and Warm this Winter



With all wet and snowy weather we've been seeing this month, we are happy to report that we've been staying toasty warm and completely distracted with all that's been happening in our community!

And what's more... we're always this busy! Every month brings our residents opportunities and adventures to try something different or enjoy some of their all-time favourite activities.

If you are curious about all that happens inside Bowmanville Creek, we welcome you to stop by to join the fun! Call to book a tour and a complimentary lunch, and stay for a program as well!

Call Jenn at (905) 623-8228 to book your tour!

Jenn Churchill, Marketing Manager

February Events

February was filled with many great events to keep us busy and warm!

We watched the Kansas City Chiefs win the Superbowl in our jam-packed pub event.

We celebrated Valentine's Day with live entertainment, dancing, and delicious chocolate treats.

And our residents had a blast at our Mardi Gras casino event!

Don't miss your opportunity to participate by visiting our website to sign up for any of our events at BowmanvilleCreek.ca/events.



Upcoming Events

Frauds & Scams: Safeguard your Money and Assets

Thursday, March 5

2:30 pm

St. Patrick's Day

Tuesday, March 17

2:30 pm

Join the festivities by wearing green!

Speaker's Series: Living with Chronic Pain

Mondays starting March 30

9:00 am

Join our complimentary six-week series on Living with Chronic Pain, presented by Local Health Integration Network (LHIN).

For more information or to participate in this month's activities, please call Jenn at 905-623-8228



Six Benefits of Yoga for Seniors

Seniors often struggle with pain, joint stress, imbalance, osteoarthritis, and other physical limitations, and can benefit from incorporating a yoga practice into their daily routine. Here are some of the reasons:

Yoga Improves Balance and Stability

Many yoga poses focus on balance and stability, both incredibly important as you age. Strengthening your muscles and improving your balance prevents the likelihood of falls. Not only does it prevent them in the first place, but an increase in strength and stability also helps seniors recover, should a fall occur.



Yoga Improves Flexibility and Joint Health

If you're looking for a gentle exercise that increases flexibility, yoga is a great option. Flexibility exercises such as yoga are great if your joints tend to be achy or stiff.

Yoga Reduces High Blood Pressure

Hypertension, or high blood pressure, can lead to cardiovascular disease and is the second leading cause of kidney disease. Recent studies have found that yoga reduces oxidative stress in the older population. Oxidative stress is one of the underlying causes of high blood pressure and, especially for seniors, is a strong risk factor for heart attacks.

Yoga Reduces Anxiety

Yoga classes, especially those geared toward seniors, are calm and restorative and relax your body and mind. When practiced regularly, yoga can reduce your sympathetic nervous system's fight-or-flight response, which can cause inflammation of all kinds and wreak havoc on your mind and body.

Yoga Encourages Mindfulness

So much of yoga is focused on breathing and listening to your body. As you practice yoga and become mindful of not just your body, but also of your thoughts and emotions, you will become more connected to your environment, your community, and the world around you.