

In Bloom

December / January 2020-2021

Social Physical Emotional Spiritual Financial Vocational Environmental Intellectual

CBD, What is it?

Cannabidiol (CBD) oil is derived from cannabis. Contrary to popular belief, CBD does not create a "high" or any form of intoxication. That comes from the THC in cannabis which is not extracted when the CBD oil is. Though there has been controversy around cannabis products, there has also been a raised awareness of the possible health benefits of CBD oil. CBD comes in many different forms. Here are a few:

CBD Oils

CBD pills/ capsules

Topical CBD creams

CBD edibles

If this is something that interests you, I suggest you talk to your doctor or a naturopath for more information.

Spiritual Wellness

In the past, meditation was originally meant to help deepen understanding of the sacred and mystical forces of life. These days meditation is commonly used for relaxation and stress reduction. During meditation, you focus your attention and eliminate stream of jumbles thoughts that may be crowding your mind. A common practice of meditation is to focus your mind on a single positive word (ex. Joy, love, peace) for 3 minutes. Continuously repeat that word to yourself as you sit silently.

Vitamin D

We got lucky In October with a lot of sun, however, winter is officially upon us. The days are short and the sky is gray, meaning, we are not getting our much needed Vitamin D from the sun. **Vitamin D is responsible for calcium absorption as well as, studies have shown a link between Vitamin D deficiency and depression.**

It is difficult to get the recommended amount of Vitamin D through just diet, taking a supplement may be helpful. Foods that are high in Vitamin D are: mushrooms, salmon, egg yolks, canned tuna.

Key Dates

First Week of December: Christmas Pop-Up Sales! See Manor Matters for more info.

Visit Brooke the Chaplains office to add to her Joy Tree!

Dream Tree: A chance to purchase gifts for kids in need.

December 2nd: National Fritter Day...YUM!!

Brain Games

	<p>S O O O O O O</p> <p>N O W N O W</p> <p>N O W N O W</p>	<p>E 4 R</p>
<p>G O L F G O L F</p>		<p>P I C K E T P I C K E T P I C K E T P I C K E T</p>

Solve these word puzzles:

1. _ Little Fish in a Big Sea _
2. _____
3. _____
4. _____
5. _____
6. _____

Class/ Gym Schedule

Monday

Functional Fitness **9:00am**

Strenuous Walk **9:30am**

Advanced Aerobics **10:00am**

Leisurely Stroll **10:30am**

Core Balance **11:00am**

Tuesday/ Thursday

Gym available by sign up

8:00a-11:30a &

2:00p-3:00p

Wednesday

Functional Fitness **9:00am**

Advanced Aerobics **10:00am**

Core Balance **11:00am**



Tired of getting all those papers in your box? See Nicole, the Concierge, for how you can opt out of those and receive the information digitally.

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