

October, 2023

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Activity Spotlight: Hula-Aerobics



When looking at cognitive decline and age-related disease, one risk factor we have some control over is physical activity. Being physically active has been shown to aid in retaining gray and white matter in the brain, which is the foundational material that supports executive brain function. This is one of many reasons why Joyful Journey prioritizes physical activities throughout the day.

Hula-Aerobics is not hula-hooping in the traditional way. It is a guided practice that uses the hula hoop to help create a defined space for movement. Imagine holding the hoop with both hands and lifting it over your head. Now imagine just reaching up. Those movements will feel pretty different! Friends also use the hula hoop to build strength and coordination for every day tasks. For example, one of the moves mimics stepping out of a car. The best part of Hula-Aerobics is that it is new and fun. We love variety and so do Friends!



Joyful Journey Gets Personalities Grooving!

Friends had a blast dressing up for the photo booth! We created a simple backdrop, added props and a little guidance. Friends took the lead in helping each other pick just the right outfit for their close up. Oh, did we laugh and have a ton of fun!



14th Annual Trail of Scarecrows

Venture out to Prophetstown State Park and see Joyful Journey's first ever scarecrow, Grand Slam Gertie. She is a sporty lass that will take her team to victory! We like this event because you can stay in your car and drive to see a good number of scarecrows along the trail. If you want to walk, there is a paved trail. The Trail of Scarecrows will be up from Oct. 1st- Nov. 5th.

This event is open to the public. The price is the state park entry fee.

Joyful Journey in the Community

2023 has been a great year for Joyful Journey to get back into the community to spread awareness for our day services and caregiver support! Our message has reached new community members in their time of need. There are still large pockets of the Greater Lafayette area and surrounding communities where caregivers are struggling in silence. We need your help to reach them! If you are part of a faith-based organization, community group, or even an Home Owner's Association and you think they would benefit from learning about Joyful Journey, please reach out to Bess at 765-607-6156 or bess@joyfuljourneywl.org.

QUOTE SELECTED BY JOYFUL JOURNEY FRIENDS

October is the treasure of the year. And, all the months play bounty to her store... Paul Laurence Dunbar