

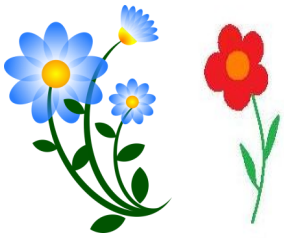
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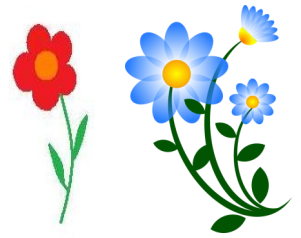
A Retirement & Assisted Living Community

# Norse

April 2018



## April Showers... Bring May Flowers!



### Don't miss the next Norse Home Sunday Brunch Buffet!

Mark your calendars! The next Norse Home Sunday Brunch Buffet will be on April 15th, from 9:30 am to 1:00 pm. Make Norse Home your newest family tradition! We'll be serving our famous Swedish pancakes, along with traditional breakfast fare. There's truly no better way to spend a spring Sunday.



Above: The Norse Home kitchen staff work hard to create what we think are the best Swedish pancakes in the Pacific Northwest! Give us the chance to convince you on April 15th!



### Fred Meyer Community Rewards

Are you a regular Fred Meyer shopper? If so, you can benefit Norse Home, at no cost to you! In 2018 Fred Meyer will donate \$2.6 million to non profit organizations like Norse Home. Simply link your rewards card to Norse Home by logging in to your online account. Need help setting up your rewards card? Just email [Jeremy@norsehome.org](mailto:Jeremy@norsehome.org)!



# Mindful Movement and Meditation



We hear about mindfulness a lot these days, but what does it mean? The dictionary defines mindfulness as, “a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.” At Norse Home, we offer an activity called “Mindful Movement,” which utilizes stretching, meditation, and breathing exercises. Mindfulness and meditation have been proven to offer numerous physical and mental benefits. Not to mention, we have a wonderful time!

## Say Hello to the Bookmobile!



If you live in Seattle, you probably are well aware of how lucky we are to benefit from an amazing library system. But, you probably didn't know that, at Norse Home, the library system comes to you!

The Bookmobile brings stories, entertainment, ideas, information, and more to Norse Home each and every month. Have a special request? Are you an audio book connoisseur? We've got you covered! Norse Home believes that a happy life is a life filled with curiosity, creativity, and learning. Where will your mind travel next?



Above: The Bookmobile arrives! Residents excitedly await their newest favorite book or movie!

## Donate Today!

As a non-profit, Norse Home appreciates any and all donations. Donate directly today through our website, our Facebook page, or simply by signing up for Amazon Smile. Every bit counts! Thanks for your support!

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