



MAKE THE MOST OF YOUR *Golden Years*

Every day is an opportunity to focus on what matters most – health, relationships and the things that bring you joy. From friendships and hobbies to family time and everyday moments, small choices can make a meaningful difference in your well-being.

Stay Connected

- ☐ Call or visit a family member.
- ☐ Meet a friend for coffee or lunch.
- ☐ Join a group activity or community event.
- ☐ Share a favorite memory with someone you love.

Keep Moving

- ☐ Take a walk.
- ☐ Stretch or practice gentle exercises.
- ☐ Spend time outdoors.
- ☐ Enjoy gardening or a favorite hobby.

Keep Your Mind Active

- ☐ Read a book or magazine.
- ☐ Complete a crossword or puzzle.
- ☐ Learn something new.
- ☐ Listen to music or explore a new interest.

Care for Your Body

- ☐ Eat colorful fruits and vegetables.
- ☐ Drink plenty of water.
- ☐ Get a good night's sleep.
- ☐ Take medications as directed.
- ☐ Keep scheduled medical appointments.

Find Joy in the Little Things

- ☐ Watch the sunrise or sunset.
- ☐ Laugh with a friend.
- ☐ Enjoy your favorite meal.
- ☐ Listen to music that brings back happy memories.
- ☐ Practice gratitude by writing down three things you're thankful for today.

Celebrate Your Legacy

- ☐ Tell your grandchildren a favorite childhood story.
- ☐ Share a family recipe.
- ☐ Organize old photographs.
- ☐ Write down your favorite life lesson.
- ☐ Record memories for future generations. Every story becomes part of your family's history.

At Mustang Creek Estates, life's best moments continue through friendship, meaningful experiences and compassionate care.

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