



## MAKE MENTAL HEALTH A PRIORITY

May marks the beginning of Mental Health Awareness Month. Throughout this month, DIAL urges readers to take a moment to prioritize their mental well being. Below are 5 tips that you can practice throughout the month of May to improve your mental health:

- 1. Practice Mindfulness:** Engage in meditation, deep breathing, or mindfulness exercises to reduce stress and increase self-awareness.
- 2. Regular Exercise:** Incorporate physical activity into your routine to boost mood, reduce anxiety, and improve overall mental health.
- 3. Healthy Diet:** Eat nutritious, balanced meals to support brain function and stabilize mood.
- 4. Adequate Sleep:** Prioritize quality sleep to enhance cognitive function, mood regulation, and overall well-being.
- 5. Seek Support:** Foster connections with friends, family, or a therapist to discuss emotions and seek guidance during challenging times.

# DIAL - RECREATION CORNER

On April 16, 2024, the DIAL Recreation Program was visited by Angela Montague and Anthony Latona. Ms. Montague and Mr. Latona brought two Easter themed crafts for consumers to do. The first craft was foam Easter eggs and foam stickers for consumers to decorate the eggs with. Consumers then attached strings to the top of the Easter eggs so they could hang them up at home. The second craft Ms. Montague and Mr. Latona brought for consumers was Easter themed coloring books to color. Consumers enjoyed coloring the pictures in the books they were given. Everyone had a great time doing both these crafts and created beautiful works of art. If you are interested in joining in on our fun and live in Passaic County, please contact Susan Kramer at [skramer@dial-cil.org](mailto:skramer@dial-cil.org) or call 973-470-8090 ext. 306.



## STAYING ACTIVE WITH: ZUMBA CLASSES!

Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be 'FUN AND EASY TO DO' for Zumba participants to stick to the Zumba fitness program to achieve long-term health benefits. Zumba is not only great for the body, but it is also great for the mind.

- **When:** Mondays, April 22 - June 10, 2024 (no class on Memorial Day, May 27, 2024)
- **Time:** 6:00 to 7:00 PM
- **Where:** Garret Mountain Reservation - 8 Mountain Ave. Woodland Park, NJ 07424



Mother's Day is observed on Sunday, May 12th of this year. It is a special occasion to show appreciation of the love, care, support and sacrifices that mothers make daily. On this special day, it is a celebration of not just biological mothers, but also grandmothers, great-grandmothers, stepmothers, foster mothers, and other mother-like figures. Mother's Day is also a time where families gather to reconnect, share favorite memories and moments with their mom. Doing so strengthens family bonds and recognizes the unique relationship between a mother and child. To express your appreciation for your mother this year, typical gifts include giving flowers, cards, special jewelry, or sending a heartfelt message. Other ideas include making a special DIY gift or simply just spending quality time with your mother. Mothers have a significant role of the lives of people everywhere and shape who they are as a person.

## Save the date: DIAL Upcoming Events :



**Date: May 23rd, 2024**

**Time: 6:00pm—8:00pm**

**Parkway Lanes**

**200 US-46, Elmwood Park, NJ 07407**

**Bowling Event**

**Date: June 6th, 2024**

**Time: 6:00pm—7:30pm**

**Clifton Main Library**

**292 Piaget Ave. Clifton , New Jersey 07011**

**Passaic County Peer Group**

**Date: June 12th, 2024**

**Time: 6:00pm—7:30pm**

**Remote**

**Essex County Peer Group**

**Date: June 25th, 2024**

**Time: 6:30pm—8:30pm**

**Clifton Senior Barn**

**900 Clifton Ave. Clifton , New Jersey 07013**

**Independent Living Skills Program**

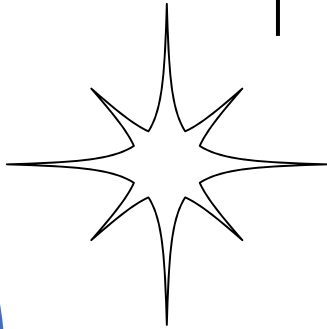
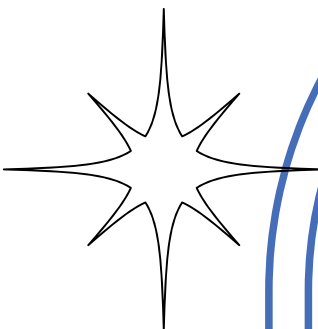
**Date: Tuesdays & Thursdays**

**Time: 10:00am-2:00pm**

**Boys & Girls Club of Clifton**

**822 Clifton Ave., Clifton New Jersey 07013**

**DIAL Recreation Program (Passaic  
County)**



**DIAL - CENTER FOR INDEPENDENT LIVING  
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