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## Japanese Walking for the Elderly

Spring is here finally—at least officially—and we can look forward to warmer weather and pleasant days and nights ahead. Spring is one of the gentlest seasons of the year, and we usually take every opportunity we can to make the most of the mild weather by engaging in a whole variety of outdoor activities. For those of us who are in our senior years, finding outdoor activities that are suitable for us can be challenging in some cases, especially if we are not as spry and agile as we used to be. One currently popular activity that is ideal for those of us who are over 65 is “Japanese walking”—also known as “interval walking”.

The exercise method known as “Japanese walking” was developed over two decades ago by a group of Japanese researchers who were looking for a way to promote physical fitness among middle-aged and older adults and thus reduce their risk of developing diabetes, obesity, and other lifestyle-related illnesses. It is simple and does not require any special equipment, and, best of all, it is a low-impact activity that is safe for those who may have age-related medical conditions, and it does not leave you with aching muscles and feelings of extreme tiredness.

It consists of 30 minutes of walking, during which you start out walking at your normal speed, then switch briefly to very rapid walking, then return to your normal pace, and keep alternating between the two until the 30 minutes are up. Of course, if you feel up to it, you can do another block of 30 minutes after a break or later in the day. You can do this while walking in the park, or down the street in your neighborhood, or wherever you enjoy walking.

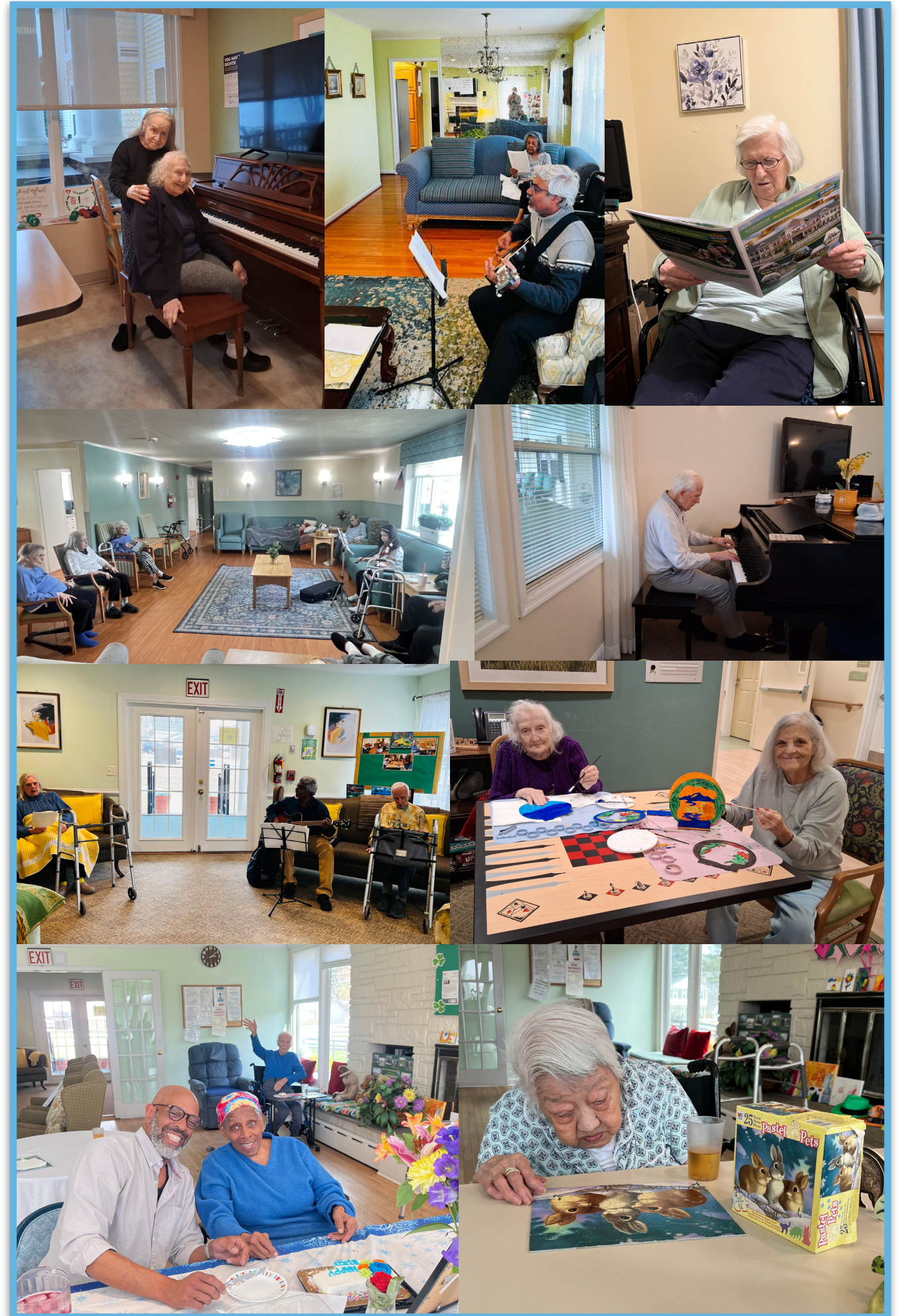
Researchers have found that fast walking for short intervals can protect the elderly from developing high blood pressure. It can also help in maintaining thigh muscle strength. One of the effects of aging is that the thigh muscles weaken gradually, and this is partly what is responsible for the frequent falls experienced by older people. So, it is especially important for those over 65 to engage in activities that aid in maintaining thigh muscle strength.

Other research has shown that engaging consistently in interval walking can increase a person's overall physical fitness in just five months, as well as significantly lower his or her risk of developing lifestyle-related illnesses. If you are thinking of taking up interval walking this spring, you should start with the following recommendation.

Start with three minutes of normal walking (that is, about 40 percent of the maximum speed that you are capable of), then switch to three minutes of fast walking at 70 percent of your maximum speed, and continue switching back and forth for at least 30 minutes. Do this four times a week. When you have become used to this routine, increase the frequency to five times a week. At five times a week, you will be putting in 150 minutes of moderate-level exercise per week. This is exactly what is recommended by the American Heart Association for maintaining good heart health.

Also make sure to talk to your family doctor and make sure that you do not have any medical conditions that would make it unsafe for you to engage in interval walking. If you experience any pain while doing the interval walking, stop immediately and get yourself checked out. Make sure that you are walking on an even surface with no features that may cause you to fall. If you cannot find a safe place to walk outdoors, find a convenient mall or other large indoor area when you can walk safely.

**Veena Alfred Ph. D.  
CEO/ Administrator**





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1>April 2026</h1> <p><i>Our Power, Our Planet</i></p>			<p>1 AM Strech Exercise, Bird Feeder craft, Music Andrus &amp; Rebecca</p> <p>PM – Fun Riddles Music AH 7, 5 &amp; 1</p> <p><small>All Fools' Day Passover Begins</small></p>	<p>2 AM Chair Exercise and Easter Word puzzles Music Andrus &amp; Rebecca</p> <p>PM – Card Game/ Dominos Music AH 3, 4 &amp; 2</p>	<p>3 AM Strech Exercise, Egg-shaped stone painting Music Andrus &amp; Rebecca</p> <p>PM – Fun Facts about Easter, Music AH 7, 5 &amp; 1</p>	<p>4 <i>Family Friends Visit</i></p>
<p>5 <i>Let's Clay something!</i></p> <p><small>Easter Sunday</small></p>	<p>6 AM Morning Circles, Strech Exercise, Clay Making Music Andrus &amp; Rebecca,</p> <p>PM Earthen words search Music AH 7, 5 &amp; 1</p>	<p>7 AM Tai Chi and Balloon Ball, Clay Modelling Music Andrus &amp; Rebecca</p> <p>PM Jenga Blocks Music AH 3, 4 &amp; 2 <i>BD - Steven G - Symp</i></p>	<p>8 AM Tai Chi and Balloon Ball, Uses of Clay Music Andrus &amp; Rebecca</p> <p>PM Paper Craft Music AH 7, 5 &amp; 1 <i>BD - Amancia Pinto – AH2</i></p>	<p>9 AM Tai Chi and Balloon Ball, Clay Model Painting Music Andrus &amp; Rebecca</p> <p>PM Puzzles Music AH 3, 4 &amp; 2</p>	<p>10 AM Morning Circles, Bingo Music Andrus &amp; Rebecca</p> <p>PM Picture Coloring Music AH 7, 5 &amp; 1</p>	<p>11 <i>Family Friends Visit</i></p>
<p>12 <b>NATIONAL SCRABBLE WEEK</b></p>	<p>13 AM Morning Circles, All about Scrabble Music Andrus &amp; Rebecca</p> <p>PM Word Meanings Music AH 7, 5 &amp; 1 <i>BD - Joyce E. Hecht - Rebecca</i> Scrabble Day</p>	<p>14 AM Balloon Ball, Creative Poems, Music Andrus &amp; Rebecca</p> <p>PM My Surroundings Music AH 3, 4 &amp; 2</p>	<p>15 AM Morning Circles, Words - Let's Arrange them Music Andrus &amp; Rebecca,</p> <p>PM Scrabble Music AH 7, 5 &amp; 1</p>	<p>16 AM Strech &amp; Bend, Word Coloring, Music Andrus &amp; Rebecca</p> <p>PM Story Time Music AH 3, 4 &amp; 2</p>	<p>17 AM Morning Circles, Doughy Names, Poker Keno Music Andrus &amp; Rebecca,</p> <p>PM Earth Day preparations Music AH 7, 5 &amp; 1</p>	<p>18 <i>Family Friends Visit</i> <i>BD - Karen Marshall – AH3</i></p>
<p>19 </p>	<p>20 AM Morning Circles and chair exercise, Bottle Planters, Music Andrus &amp; Rebecca</p> <p>PM Earthen word search Music AH 7, 5 &amp; 1</p>	<p>21 AM Morning Circle &amp; Sorting Things, Music Andrus &amp; Rebecca</p> <p>PM – Picture coloring Music AH 3, 4 &amp; 2</p>	<p>22 AM Strech-Bend &amp; Earth Day Words, Music Andrus &amp; Rebecca</p> <p>PM Video – Wonderful Earth, Music AH 7, 5 &amp; 1</p> <p><small>Earth Day Administrative Professionals Day</small></p>	<p>23 AM Morning Circle &amp; Recycle Craft, Music Andrus &amp; Rebecca</p> <p>PM – Quiz 3R's Music AH 3, 4 &amp; 2 <i>BD - Margaret Ganey – AH1</i></p>	<p>24 AM Morning Circles, Poker Keno, Music Andrus &amp; Rebecca</p> <p>PM Arbor Day Significance Music AH 7, 5 &amp; 1</p> <p><small>Arbor Day</small></p>	<p>25 <i>Family Friends Visit</i> <i>BD - Juanita Jane Jiles - Rebecca</i></p>
<p>26 </p>	<p>27 AM Chair exercise, Rain Craft Umbrella Music Andrus &amp; Rebecca</p> <p>PM Video on May Flower Music AH 7, 5 &amp; 1 <i>BD - Sam Sook Kim – AH NW</i></p>	<p>28 AM Morning Circle, Tai Chi, Rain Craft continues Music Andrus &amp; Rebecca</p> <p>PM – Picture Coloring Music AH 3, 4 &amp; 2</p>	<p>29 AM Chair exercise weights, Something about rain Music Andrus &amp; Rebecca</p> <p>PM Cards/Dominos AH 7, 5 &amp; 1</p>	<p>30 AM Balloon Ball, Reflections, Music Andrus &amp; Rebecca</p> <p>PM Lego Art Music AH 3, 4 &amp; 2</p>	<p><i>We Celebrate Your Wisdom and Affirm Your Values</i></p> 	