



HORICON BANK
The Natural Choice

Gliding Free Club **CRUISER**

May 2024

HAPPY SPRING

Note from Darlene

As we prioritize our health and well-being in our golden years, let us remember this not only includes mindful eating but also mental well-being and financial stability.

I am grateful for the blessing of having my beloved family by my side during the Easter season; their presence fills my heart with joy and gratitude. The specific day we gather may vary, but the joy of coming together fills my heart with the same warmth.

As we transition into the spring season, I encourage you to get outdoors to soak up some sunshine, stroll in a park, bike ride along a scenic trail, enjoy a cup of coffee with a friend and create cherished memories along the way.

RECIPE

Tuna and White Bean Lettuce Wraps

4 Servings

Ingredients

- 1 can (12 oz) light tuna in water, drained and flaked
- 1 can (15 oz) cannellini beans, rinsed and drained
- 1/4 cup chopped red onion
- 2 tablespoons olive oil
- 1 tablespoon minced fresh parsley
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 12 Boston lettuce leaves (about 1 medium head)
- 1 medium ripe avocado, peeled and sliced

Directions

In a small bowl, combine the first 7 ingredients; toss lightly to combine. Serve in lettuce leaves; top with avocado.



CELEBRATING SENIOR HEALTH & FITNESS

May 31 is a day to celebrate you! National Senior Health and Fitness Day is an opportunity to lace up your sneakers, dust off your bike helmet, sign up for a new class, or even grab lunch with a friend (remember your mental health is important too!) Maintaining good health is important for a vibrant life.

Focus on balance: Be sure to include colorful fruits and vegetables, lean proteins, high fiber foods, and lots of water in your diet

Stay physically active: Just 15 minutes of exercise daily can improve balance, strength and cardiovascular health. Physical activity can also help alleviate depression, improve energy levels, memory and sleep.

Don't forget Brain Health! Find activities that challenge your mind, like learning a new hobby, completing crossword puzzles, reading and writing.

Regular Health Screening: Routine check-ups including physicals, vision screenings, and dental cleanings are all important for maintaining overall health.

Socialize: Stay connected with family and friends - join the local senior center, volunteer for an organization in your community, and make time for coffee with a friend.

CYCLING YOUR WAY TO A HEALTHIER LIFE

May is National Bike Month! Sounds like the perfect chance to explore some of Wisconsin's top trails!

- Oak Leaf Trail in Milwaukee
- Ozaukee Interurban Trail
- Eisenbahn State Trail
- Ice Age National Scenic Trail



HORICON BANK IN YOUR COMMUNITY

Horicon Bank employees donated \$1,891 to the Green Lake Area Animal Shelter! At our recent all employee meeting, employees could donate money to enter to win a Packer Gift Basket donated by George Koonce (Horicon Bank Board Member). The raffle winner also got to choose a local charity to receive all the funds collected. Kim from our Markesan office chose the Green Lake Area Animal Shelter to receive this generous employee donation!

