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Excelsior Springs Senior Center Newsletter

August 2014



July Birthdays



Senior Center Western Picnic



Walk Around Clay County

Excelsior Springs
Senior Center
Jud Palmer Community
Center Lower Level
112 South Thompson
Excelsior Springs MO 64024
816-630-5955
www.esparks.org

Excelsior Springs Parks and Recreation and Senior Center are teaming up with Clay County Senior Services to offer the Walk Around Clay County program. It's simple—go for a walk, log your miles/steps and turn in your log sheet each month. **When you get to 50 miles, you will get a Walk Around Clay County t-shirt;** walk around the whole county (equivalent to 95 miles) and there will be extra prizes! Grab some friends and get moving!

ACTIVITIES AND EVENTS

August 13-Foot Clinic

Tuesday/Thursday-PIYO at 8:30 am

August 19-Health Chat with Elaina

Tuesday/Thursday-AAA Fitness at 9 am

August 20-Normal Aging Program

Monday/Wednesday-Zumba Gold at 9 am

August 26-Blood Pressure Check

Every Wednesday-Bring a Friend

August 29-Potluck and Birthday Party

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am



*****PIYO, AAA Fitness and Zumba Gold are FREE for ages 60 and over!**

1970's
Trivia

1. Which popular 70s carpet had long fibers and was used to cover everything from floors to van interiors?
2. What was Grandpa's first name on The Waltons?
3. What's the name of Gloria Gaynor's 1979 disco anthem?



I Shag Carpet 2) Zeb 3) I Will Survive

HEALTH CORNER

It's Hot, Hot, Hot in August

As the temperatures rise in August, be on the lookout for heat-related illnesses like Heat Exhaustion and Heat Stroke!

Health Tips

- **Be aware of symptoms—dizziness, headaches, sweaty skin, high temperature, weakness and fainting**
- **Drink water every 15 minutes (even if you are not thirsty).**
- **Rest in the shade.**
- **Watch out for each other.**
- **Wear hats and light colored clothing.**

