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August 2013

# Excelsior Springs Senior Center Newsletter

## JUNE BIRTHDAYS AND POTLUCK



Join us on August 30th for Potluck and Birthday Party!

### **See ya at the Senior Center!**

Excelsior Springs  
Senior Center  
Jud Palmer Community  
Center Lower Level  
112 South Thompson  
Excelsior Springs MO 64024  
816-630-5955  
[www.espark.org](http://www.espark.org)

Join your friends or make new friends at the Senior Center Monday-Friday at 112 South Thompson! Older adults (60 and over) and physically or mentally challenged individuals (ages 18-59) come to socialize, participate in activities and enjoy a hot nutritious meal! Lunch is served at 11:30 am (\$1.50 donation is accepted). Reservations for lunch are required 24 hours in advanced. Activities throughout the week are scheduled.

## ACTIVITIES AND EVENTS

August 14-Foot Clinic at 9 am

August 19-Health Chat with Elaina at 11 am

August 30-Birthdays and Potluck



Tuesday/Thursday-Exercise at 9 am

Mon-Thurs-Walking Club at 9:30 am

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am

### 60's

Music-What musical group started on TV and created for TV and later became a real group?

### Trivia

Movie-In 1962, the first James Bond film was released in the U.K. What was it called?



Food-In 1962, the first ever flavored potato chip was created; what was the flavor?

1) Monkees 2) Dr. No 3) Salt and Vinegar



Health  
Corner

- Load up on high-fiber fruits, vegetables, and whole grains. Your whole digestive system does slow as you age, so fiber is very important. Consume fiber-rich foods such as whole grains, fruit, and vegetables.
- Put effort into making your food look and taste good. Your taste buds may not be as strong and your appetite may not be the same, but your nutritional needs are just as important as ever. If you don't enjoy eating like you used to, put a little more effort into your meals, including the way you flavor, prepare, and present your food.
- Watch out for dehydration. So make sure you are drinking plenty of fluid, even if you don't feel thirsty. If you're not getting enough water, you're not going to be as sharp and your energy will suffer.
- Make meals a social event. It's more enjoyable to eat with others than alone. If you live alone, invite other people over. It's a great way to stay in touch with friends and you can share cooking and cleanup duties.

