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Excelsior Springs Senior Center Newsletter
December 2014



Halloween Party

Excelsior Springs Community Center

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

Dec 9-Health Chat w/Elaina 11 am

Dec 10-Foot Clinic 9-11 am

Dec 19-Christmas Party (Wear your Ugly Christmas Sweater)

Dec 24-Homebounds Only

Dec 25-26-Closed for Christmas

Dec 31-Birthday Party

**See Elaina's Fitness Schedule for December

Every Wednesday-Bring a Friend

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!**

Holiday Trivia 1) Who is the poinsettia named after?

2) In what year was the New Year's ball first dropped in New York City's Times Square?

3) Who wrote "I'm Dreaming of a White Christmas"?



(1) Joel Poinsett (2) 1906 (3) Irving Berlin

December-Holiday Wellness

Don't wait until New Year's to set your fitness goals! Eat well, get some exercise and enjoy the holidays!

- Plan ahead—Try to stay active and moving in the winter by planning workouts or finding time to do short workouts.
- Don't forget food safety—Make sure that you thaw food properly, clean your hands and surfaces and use a food thermometer.
- Make sure to focus on fruits and fruit when choosing your dinner.
- Don't graze at the buffet table. Fill one small plate and walk away from the buffet.
- Don't drink your calories—Punches, eggnog, and alcoholic drinks are often high in sugar and calories. Choose water or seltzer instead. .