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## Excelsior Springs Senior Center Newsletter

December 2013



What a great group picture!



Halloween and October Birthdays

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)

### See ya at the Senior Center!

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. 11-Foot Clinic

Tuesday/Thursday-PIYO at 8:15 am

Dec 17-Health Program with Elaina

Tuesday/Thursday-AAA Fitness at 9 am

Dec. 20-Christmas Party

Wednesday-Zumba Gold at 9 am

Dec 24-25-Closed for Christmas

Every Wednesday-Bring a Friend & Brain Teaser Games

Dec 31-Birthday Party

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am



\*\*\*No exercise classes from Dec. 23-Jan 3.

### 60's

### Trivia



1. The Berlin Wall was erected in what year?
2. The first televised presidential debate occurred between which pair of candidates?
3. What science fiction TV series created by Gene Roddenberry made its debut in 1966?

(1) 1961 (2) Richard Nixon and John F. Kennedy (3) Star Trek

## HEALTH CORNER

### Health Tips for the Holidays

- **Trim back the trimmings**-Go easy when adding nuts, cheese, cream sauces, gravy, butter, and whipped cream.
- **Be Realistic**-Don't try to lose weight, but try to maintain your current weight.
- **Plan time for exercise.** Exercise helps relieve holiday stress and prevent weight gain. A moderate and daily increase in exercise can help partially offset increased holiday eating. Try 10- or 15-minute brisk walks twice a day.
- **Winter Walking**-Dress warmly and in layers, along with a hat and gloves, to retain body heat and prevent hypothermia. To avoid slipping, wear boots with non-skid soles.
- **Cold Weather**-When it's frigid, postpone outdoor activities. If you must engage in outdoor activities, start slowly and don't overdo it.

