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Excelsior Springs Senior Center Newsletter

February 2014



Christmas Party 2013



December Birthdays

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

February 11-Health Chat with Elaina	Tuesday/Thursday-PIYO at 8:15 am
February 12-Foot Clinic 9-11 am	Tuesday/Thursday-AAA Fitness at 9 am
February 14-Valentine's Day Party	Monday/Wednesday-Zumba Gold at 9 am
February 17-Closed for President's Day	Every Wednesday-Bring a Friend & Brain Teaser Games
February 24-Blood Pressure Check 9-11	Every Thursday—Music at 10 am
February 28-Birthday Party	Every Friday—Bingo at 10 am

Winter Olympics

Trivia



1. What country has won the most number of total medals at the Winter Games?
2. In 1960 when the games were held in California, what famous animator was in charge of the committee that organized the Opening Ceremonies?
3. The First Winter Olympics was held in 1924 in what country?

1) Norway 2) Walt Disney 3) France

HEALTH CORNER

February is American Heart Month

Heart disease is a major problem. Every year, about 715,000 Americans have a heart attack. About 600,000 people die from heart disease in the United States each year—that's 1 out of every 4 deaths. Heart disease is the leading cause of death for both men and women. Prevent heart disease by following these steps.



- **Eat a healthy diet**
- **Exercise regularly-Parks and Rec offers Free Fitness classes for people over the age of 60.**
- **Monitor your blood pressure-Blood Pressure Check on February 24**
- **Have your cholesterol checked.**
- **Manage your diabetes**
- **Take your medicine**