

January

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Excelsior Springs Senior Center Newsletter

January 2014



Preparing Christmas bags for Homebound Seniors



November 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

January 1-Closed for New Year's Day

Tuesday/Thursday-PIYO at 8:15 am

January 8-Foot Clinic 9-11 am

Tuesday/Thursday-AAA Fitness at 9 am

January 14-Health Chat with Elaina

Wednesday-Zumba Gold at 9 am

January 20-Closed for MLK Jr. Birthday

Every Wednesday-Bring a Friend & Brain Teaser Games

January 27-Blood Pressure Check 9-11

Every Thursday—Music at 10 am

January 31-Birthday Party

Every Friday—Bingo at 10 am

No Exercise Class on January 1st or 2nd.

Trivia

1. January is named after what Roman God?
2. What is the highest letter-number combination in Bingo?
3. In 1927, what adventurous 25 year old man was the first Time Magazine Person of the Year?
4. What was the title of the 1992 comedy in which a Reno lounge singer accidentally witnesses a murder, and hides out in a convent—where she becomes the choir leader, teaching the sisters to boogie down.



(1) Janus (2) O-75 (3) Charles Lindbergh (4) Sister Act

HEALTH CORNER

January is Eye Health Care Month

Your eyes are very important-keep them healthy!

- Have a comprehensive dilated eye exam.
- Know your family's eye health history.
- Eat right to protect your sight—dark leafy greens such as spinach, kale or collard greens are great for your eye health!
- Maintain a healthy weight.
- Wear protective eyewear.
- Quit smoking or never start.
- Be cool and wear your shades!
- Give your eyes a rest-If you spend a lot of time focusing on one things, your eyes can become fatigued. Every twenty minutes, look away about 20 feet in front of you for 20 seconds.

