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Excelsior Springs Senior Center Newsletter

March 2014



January Birthdays



Valentine's Day Party

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

Community Center Open House

There will be two Open House meetings on Thursday, March 13th and Wednesday, April 2nd, from 6:00-7:30 pm at the Excelsior Springs High School. Presentation will include proposed site plans, estimated membership fees, and time for question regarding the proposed project. For more info, contact Denise!

ACTIVITIES AND EVENTS

March 11-Health Chat with Elaina

Tuesday/Thursday-PIYO at 8:15 am

March 12-Foot Clinic 9-11 am

Tuesday/Thursday-AAA Fitness at 9 am

March 17-St. Patrick's Day Party

Monday/Wednesday-Zumba Gold at 9 am

March 25-Blood Pressure Check 9-11

Every Wednesday-Bring a Friend & Brain Teaser Games

March 31-Birthday Party

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am



Nature

1. *What food comprises 99 percent of a giant panda's diet?*

Trivia

2. *Which insect migrates annually from the northeastern U.S. and southeast Canada to spend the winter in the forested highlands of central Mexico?*



3. *Gentoo, Chinstrap and Adelie are all species of which animal?*

1) Bamboo 2) Monarch Butterfly 3) Penguin

HEALTH CORNER

March is National Nutrition Month

“Enjoy the Taste of Eating Right” is the theme for this year’s National Nutrition Month! Follow these tips:

- **Eat Breakfast!**
- **Make half of your plate fruits and vegetables!**
- **Watch portion sizes!**
- **Be Active!**
- **Fix healthy snacks!**
- **Read and get to know food labels!**
- **Drink more Water!**
- **Follow Food Safety Guidelines!**

