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Excelsior Springs Senior Center Newsletter

November 2014



Wearing blue to support the KC Royals!



UMKC Pharmacy Students assist at the Health Fair

Excelsior Springs Community 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.

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

ACTIVITIES AND EVENTS

November 11-Veteran's Day-Closed

November 12-Foot Clinic 9-11 am

November 18-Health Chat w/Elaina 11 am

November 21-Birthday Party

November 24-Blood Pressure 9-11 am

Nov 27-28 Closed for Thanksgiving

Tuesday/Thursday-PIYO at 8:30 am

Tuesday/Thursday-AAA Fitness at 9 am

Monday/Wednesday-Zumba Gold at 9 am

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!**

Thanksgiving

Trivia

1) How fast can a turkey trot?

2) Which American Indian tribe celebrated the Thanksgiving feast with the pilgrims?

3) What is the name of the famous rock thought to be where the pilgrims first landed?



1) 20 mph 2) Wampanoag 3) Plymouth Rock

October-American Diabetes Month

During American Diabetes Month, the objective is to raise awareness and understanding of diabetes, its consequences, managements and prevention.

- Nearly 30 million children and adults in the US have diabetes.
- People with diabetes are nearly twice as likely to be hospitalized for a heart attack or stroke.
- More than half of all amputations in adults occur in people with diabetes.
- Diabetes causes nearly 50% of all cases of kidney failure.
- Special events will be scheduled for the week of November 17-21: Get Moving Mondays—Zumba Gold at 9 am; Tasty Tip Tuesdays-Health Chat w/Elaina at 11 am; What's Cooking Wednesday-recipes and tips; Get Together Thursday-enjoy music and a meal with your friends; Fact Check Friday-Diabetes Facts.