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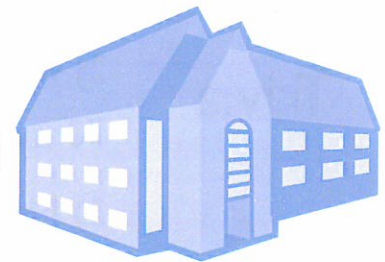
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Excelsior Springs Senior Center Newsletter

November 2013

Community Open House on November 21st

Make plans to attend the Community Open House on November 21st at the Montgomery Event Center at 425 South Thompson from 6-7:30 pm to give your thoughts on what features should be included in the future



community center. SFS Architecture will lead the group through the design process, review pictures of similar community recreation facilities throughout the nation and take part in a fun game to choose amenities. Your thoughts and suggestions are greatly appreciated. Let's work together towards a better community!

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

November 11-Closed for
Veteran's Day



November 13-Foot Clinic

November 19-Health Program with Elaina

November 26-Blood Pressure Screening

November 27-Birthdays

November 28 & 29-Closed for Thanksgiving

Tuesday/Thursday-PIYO at 8:15 am

Tuesday/Thursday-AAA Fitness at 9 am

Wednesday-Zumba Gold at 9 am

Every Wednesday-Bring a Friend & Brain Teaser Games

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am

****No exercise classes on Nov 26th-28th

50's Trivia



- 1) What popular TV game show started in 1956?
- 2) Which toy, brought from Australia, was huge in 1958 and sold 70 million?
- 3) Name the two presidents that served between 1950-1959.
- 4) What year did Disneyland open?

(1) The Price is Right (2) Hula Hoop (3) Harry Truman and Dwight D. Eisenhower (4) 1955

HEALTH CORNER



November is National Diabetes Month!

- Nearly 26 million Americans have diabetes. Another 79 million adults in the United States have prediabetes, a condition that increases their chances of developing type 2 diabetes.
- If left undiagnosed or untreated, diabetes can lead to serious health problems such as heart disease, blindness, kidney disease, stroke, amputation and even death. With early diagnosis and treatment, people with diabetes may prevent the development of these health problems.
- If you are living with diabetes or have a loved one with the disease, it is important to work together to manage diabetes to stay healthy and prevent complications.
- Research has shown that people with diabetes can lower their risk for serious health problems related to diabetes by managing the ABCs of diabetes—Blood Sugar, Blood Pressure, Cholesterol—and stopping smoking. The Great American Smokeout is November 21st—Take the first step to quitting!