



### In this issue:

Pictures & Walk Around Clay County	1
Senior Center Info	1
Events and Activities	2
Trivia	2
Health Corner	2

## Excelsior Springs Senior Center Newsletter

October 2014



Active Aging Week



September Birthdays

### Walk Around Clay County

Excelsior Springs Parks and Recreation and Senior Center are teaming up with Clay County Senior Services to offer the Walk Around Clay County program. It's simple—go for a walk, log your miles/steps and turn in your log sheet each month. When you get to 50 miles, you will get a Walk Around Clay County t-shirt; walk around the whole county (equivalent to 95 miles) and there will be extra prizes! Grab some friends and get moving!

Excelsior Springs  
Senior Center  
Jud Palmer Community Center  
Lower Level  
112 South Thompson  
Excelsior Springs MO 64024  
816-630-5955  
[www.esparks.org](http://www.esparks.org)

## ACTIVITIES AND EVENTS

Oct 8-Foot Clinic 9-11 am

Tuesday/Thursday-PIYO at 8:30 am

Oct 15-Health Fair 10 am

Tuesday/Thursday-AAA Fitness at 9 am

Oct 21-Health Chat w/Elaina 11 am

Monday/Wednesday-Zumba Gold at 9 am

Oct 28-Blood Pressure Check

Every Wednesday-Bring a Friend

Oct 31-Halloween Party and Potluck

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!**



Sports  
Trivia

- 1) This baseball player was voted MVP in the National League in 1961, the MVP in the American League in 1966, and then went on to manage teams in both the National and American Leagues. Who was he?
- 2) Who was the MVP of the first Super Bowl?
- 3) What city in Asia hosted the Summer Olympics in 2008?



1) Frank Robinson 2) Bart Starr 3) Beijing

## October-Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point. The good news is that many women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.
- Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

**Make plans to attend the Ladies Night Out on October 2nd at the Excelsior Springs Hospital. Doors open at 5:30 pm, event is from 6-8 pm.**