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February 2013

Excelsior Springs Senior Center Newsletter

NEW COMPUTERS FOR SENIORS

The Excelsior Springs Senior Center recently added a **Computer Lab** that allows all seniors access to the internet, email, Facebook and more! The computer lab was added thanks to funds from Clay County Senior Services. Participants can sign up to receive assistance on how to navigate the internet, set up an email address and numerous other things.

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

Triple A Fitness-Fun for All!

Senior Exercise got a name change in January to **AAA-Able-Bodied Active Adults**! This class focuses on strengthening muscles, improving cardiovascular health, and developing better balance and coordination. Classes are on Tuesday/Thursdays at 9:00 am. Class is FREE for ages 60 and over; $3 for anyone under 60. Invite your friends to have some fun and stay

ACTIVITIES AND EVENTS

February 12-Memory Screenings

February 13-Foot Clinic

February 15-Valentine's Day Party

February 18-Senior Center Closed for President's Day

February 28-Birthday Party

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am

COMING UP AT THE SENIOR CENTER

In addition to monthly Birthday Parties, we are planning some special programs for all seniors to take part in! We will be having monthly Holiday parties, Picnics in the Park, craft days, and more! If you have an idea for an event or program, please let us know!

Health Corner—Memory Screening

On Thursday, February 12th, the Senior Helpers will be conducting Memory Screenings at the Senior Center from 10-11:30 am. Call Denise to schedule a time; appointments are approximately 10 minutes long.

Valentine's Day Fun!

Valentine's Day is right around the corner and once again you can decorate a Valentine's Box and take part in exchanging Valentine's with your friends at the Senior Center! Prizes will be give out for the Best in Show! Decorate your box at home or use decorations at the center. Have fun and be creative! **Valentine's Day Party will be on Friday, February 15th at 10 am** and will include treats, exchanging of Valentine's and judging of Valentine's boxes. No Bingo on February 15th.