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September 2013

Excelsior Springs
Senior Center Newsletter

JULY COOKOUT AND ICE CREAM SOCIAL



Birthday Boy!

Join us on September 30th for Potluck and Birthday Party!

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

September 2-Closed for Labor Day

September 11-Foot Clinic

September 25-Health Chat with Elaina

September 30-Potluck and Birthdays



Tuesday/Thursday-PIYO at 8:15 am

Tuesday/Thursday-AAA Fitness at 9 am

Wednesday-Zumba Gold at 9 am

Mon-Thurs-Walking Club at 9:30 am

Every Thursday—Music at 10 am

Every Friday—Bingo at 10 am

70's

Sports-When Muhammad Ali beat Joe Frazier in 1975, what was the fight dubbed?

Trivia

Movie-Carrie Fisher and Harrison Ford became household names after starring in what 1970's blockbuster film?



Music-Which performer scored a hit with the disco song "I Will Survive" ?

(1) The Thrilla in Manila (2) Star Wars (3) Gloria Gaynor

September is Fall Prevention Month!



Health
Corner

Many falls can be prevented by making simple personal and lifestyle changes. Check out these tips!

- Mild weight-bearing exercises, such as walking, climbing stairs and water workouts, may help slow bone loss from osteoporosis.
- Have your vision tested at least once a year or if you notice any changes.
- Wear properly-fitting, sturdy shoes with nonskid soles.
- Make sure clothing is properly fitted to prevent it from catching on something.
- Get an annual physical exam and have your blood pressure checked both lying down and standing up.
- Elaina will be doing a Health Chat about Fall Prevention on Wednesday, September 25th at 11 am at the Senior Center.

