



Excelsior Springs Senior Center Newsletter

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Easter

**Community Center Groundbreaking**



The City of Excelsior Springs held the Groundbreaking for the new Community Center on April 24th. Crossland Construction will be the contractors on the project and proposed completion date is Summer 2016. For more details, visit [www.escommunitycenter.org](http://www.escommunitycenter.org).

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



May is Older Americans Month and the Mid-America Regional Council is encouraging everyone to participate in some fun activities. Check out the Older Americans Month Calendar for more details!

May is a great month to focus on your health, socialize with friends and family, enjoy the weather, and help those around you!

## ACTIVITIES AND EVENTS

May 6-Health Chat w/Elaina at 11 am  
 May 12-ESMC Radiology Program 10:45 am  
 May 13-Foot Clinic 9 am  
 May 19-Health Chat w/Elaina 11 am  
 May 25-Closed for Memorial Day  
 May 26-Blood Pressure Screening 9:00 am  
 May 29-Potluck and Birthday Party

Zumba Gold-Monday/Wednesdays at 9 am  
 PiYo-Tuesday/Thursdays at 8:30 am  
 AAA-Tuesday/Thursdays at 9 am  
**\*\*\*PIYO,AAA Fitness and Zumba Gold are FREE for ages 60 and over!**  
**\*No Class on May 25!**  
 Every Wednesday-Bring a Friend  
 Every Thursday—Music at 10 am  
 Every Friday—Bingo at 10 am

### KC Royals Trivia



- 1) Who was the first Kansas City Royal to win a Cy Young Award?
- 2) Who was the first former Kansas City Royals pitcher inducted into the team's Hall of Fame?
- 3) Who was the first winning pitcher for the Kansas City Royals?

1) Bret Saberhagen 2) Steve Busby 3) Moe Drabowski



## May is Arthritis Awareness Month.

**Myth: Arthritis is an older person's disease.**

**Truth:** Arthritis and other rheumatic diseases do not discriminate based on age. Rheumatoid arthritis is the most common form of inflammatory arthritis, affecting more than 1.3 million Americans. RA most often begins between the fourth and sixth decades of life. However, RA can develop at any age.

**Myth: Arthritis is an inevitable part of life, so you just have to deal with it.**

**Truth:** Aches and pains are an inevitable part of life. But, sometimes, pain in the joints, muscles or bones is severe or persists for more than a few days. At that point, you should see your physician and seek referral to a rheumatologist.

Living your life with prolonged stiffness and pain isn't something you should deal with on your own. Rheumatologists and rheumatology health professionals are trained to help you not only find a way to live with arthritis and other rheumatic diseases, but many treatments offered by rheumatologists can even stop certain diseases and conditions in their tracks.