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Excelsior Springs Senior Center Newsletter

January 2015



Christmas Party at the Senior Center

Excelsior Springs Community Center

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

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

<p>Jan 1-Senior Center Closed</p> <p>Jan 2-Senior Center Closed</p> <p>Jan 14-Foot Clinic 9-11 am</p> <p>Jan 19-Senior Center Closed</p> <p>Jan 20-Health Chat w/Elaina</p> <p>Jan 26-Blood Pressure Screening 9-11 am</p> <p>Jan 30-Birthday Party</p>	<p>Zumba Gold-Monday/Wednesdays at 9 am</p> <p>PiYo-Tuesday/Thursdays at 8:30 am</p> <p>AAA-Tuesday/Thursdays at 9 am</p> <p>Every Wednesday-Bring a Friend</p> <p>Every Thursday—Music at 10 am</p> <p>Every Friday—Bingo at 10 am</p> <p>***PIYO, AAA Fitness and Zumba Gold are FREE for ages 60 and over!</p>
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1950's
Trivia

- 1) Bill and Mark Richards invented what new sporting equipment in 1958?
- 2) In what year did “I Love Lucy” debut?
- 3) Which fast food chain opened in Phoenix, Arizona in 1953?



1) Skateboard 2) 1951 3) McDonald's

January-Myths about Exercise and Aging

- **Myth 1:** There's no point to exercising. I'm going to get old anyway.
Fact: Exercise and strength training helps you look and feel younger and stay active longer. Regular physical activity lowers your risk for a variety of conditions, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure, and obesity.
- **Myth 2:** Older people shouldn't exercise. They should save their strength and rest.
Fact: Research shows that a sedentary lifestyle is unhealthy for adults over 50. Inactivity often causes older adults to lose the ability to do things on their own and can lead to more hospitalizations, doctor visits, and use of medicines for illnesses.
- **Myth 3:** Exercise puts me at risk of falling down.
Fact: Regular exercise, by building strength and stamina, prevents loss of bone mass and improves balance, actually reducing your risk of falling.
- **Myth 4:** It's too late. I'm already too old to start exercising.
Fact: You're never too old to exercise! If you've never exercised before, or it's been a while, start with light walking and other gentle activities.
- **Myth 5:** I'm disabled. I can't exercise sitting down.
Fact: Chair-bound people face special challenges but can lift light weights, stretch, and do chair aerobics to increase range of motion, improve muscle tone, and promote cardiovascular health.