



Excelsior Springs Senior Center Newsletter

March 2015



January Birthdays

In this issue:

March for Meals	1
Senior Center Info	1
Events and Activities	2
Trivia	2
Health Corner	2



During the week of March 16-21st the Excelsior Springs Senior Center will be raising awareness and funds for our Homebound Meals program. The Senior Center distributes approximately 6,800 homebound meals per year to Excelsior Springs' senior citizens. Senior Citizens are placed on the Homebound Meal list if they are ill or unable to leave their homes, based on a physician's request.

March 16-20-Local "Super Heroes" will be assisting the Senior Center in distributing homebound meals.

March 19-Eat at Pizza Hut and 20% of that night's sales will go to the Excelsior Springs Senior Center homebound meal program. Must have Senior Center flyer!

March 21st from 10 am-noon-March for Meals Super Hero Walk at the Excelsior Springs High School Gym-Participants will collect monetary donations for the Homebound Meal program and join in on the fun---Super Hero Walk, Super Hero Photo Booth, Fun Fitness Classes, Hands-Only CPR training, and Fun for the Kids (Super Hero agility tests, games and more!) Minimum donation of \$5. Each participant/walker that donates will be eligible for door prizes throughout the morning. Walkers can complete a Super Hero circuit to be eligible for the top prize! Dress up as your favorite Super Hero!

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

ACTIVITIES AND EVENTS

March 4-Health Chat w/Elaina 11 am
 March 11-Foot Clinic 9-11 am
 March 16-Police Department Program at 10:45 am
 March 17-Health Chat w/Elaina 11 am
 March 19-Eat at Pizza Hut (evening)
 March 21-Super Hero Walk HS Gym 10 am-noon
 March 31-Blood Pressure Screening 9 am
 March 31-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!**
 Every Wednesday-Bring a Friend
 Every Thursday—Music at 10 am
 Every Friday—Bingo at 10 am

St. Patrick's Day Trivia



- 1) Where was the first St. Patrick's Day parade held?
- 2) What President attended the St. Patrick's Day Parade in 1948?
- 3) What does Erin go Bragh translate to in English?

1) Boston 2) Harry S. Truman 3) Ireland Forever

march national nutrition month



The theme for 2015 is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise in order to achieve and maintain a healthy weight, reduce the risk of chronic disease and promote overall health.

- Make half your plate fruits and vegetables.
- Make at least half your grains whole.
- Switch to fat-free or low-fat milk, yogurt, and cheese.
- Vary your protein choices.
- Cut back on sodium and empty calories from solid fats and added sugars.
- Enjoy your food but eat less.
- Be physically active your way.
- Consult a registered dietitian nutritionist if you have special dietary needs.