



Excelsior Springs Senior Center Newsletter

August 2015

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### Back to School

Excelsior Springs Senior Center is collecting school supplies for children at Elkhorn Elementary School. The list of needed supplies can be found at the Senior Center and we are asking if people can drop off supplies by August 10th. These supplies go to children in need.



July Birthdays



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)

### Excelsior Springs 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

August 5-Health Chat w/Elaina 11 am  
 August 12-Foot Clinic 9 am  
 August 14-Closed Due to BBQ Contest on Thompson Avenue  
 August 18-Health Chat w/Elaina 11 am  
 August 25-Blood Pressure Screening  
 August 28-Potluck  
 August 31-Birthday Party

Zumba Gold-Monday/Wednesdays at 9 am  
 AAA-Tuesday/Thursdays at 9 am  
 PiYo-Tuesday/Thursdays at 9:30 am  
**\*\*\*PIYO,AAA Fitness and Zumba Gold are FREE for ages 60 and over!**  
 Every Thursday—Music at 10 am  
 Every Friday—Bingo at 10 am

### Food Trivia



- 1) What year was the McDonald's "Big Mac" introduced?
- 2) What is the hottest chile in the world?
- 3) Who ate the first meal in space?

1) 1975 2) Habanero 3) Astronaut John Glenn

# Alzheimer's Disease Facts & Figures

- Alzheimer's is the only cause of death in the top 10 in America that cannot be prevented, cured or slowed.
- Alzheimer's disease is the 6th leading cause of death in the United States.
- 1 in 3 Seniors dies with Alzheimer's or another dementia.
- Almost 2/3 of Americans with Alzheimer's disease are women.
- Every 67 seconds someone in the U.S. develops the disease.
- In 2015, Alzheimer's and other dementias will cost the nation \$226 Billion; by 2050, these costs could rise as high as \$1.1 Trillion.



\*All facts/figures are from Alzheimer's Association