



September

*Excelsior Springs
Senior Center Newsletter*

September 2015

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Go4Life Month

September is GO4LIFE MONTH and we are encouraging everyone to get fit and make healthy choices! Tips on Choosing Healthy Meals includes drink plenty of liquids, planning out your meals, varying your vegetables, and reading the Nutrition Facts labels. Exercising safely is another important factor on staying healthy: always taken an ID or cell phone, be sure drivers can see you, wear a reflective jacket or shoes, and let others know where you are going!



August Birthdays

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.

**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

September 2-Health Chat w/Elaina 11 am

September 7-Closed for Labor Day

September 9-Foot Clinic 9 am-11 am

September 15-Health Chat w/Elaina 11 am

September 22-Blood Pressure Screening

September 30-Potluck and Birthday



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

Random Trivia



- 1) When druggist and chemist John Pemberton invented this beverage in Columbus, Georgia, in 1886, he referred to it as "Esteemed Brain Tonic and Intellectual Beverage." What do we call it?
- 2) In 1995, President Bill Clinton appointed what woman as the first ever female Secretary of State?
- 3) What does it mean for a bowler to score a turkey? bowler to score a turkey?

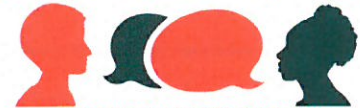
(1) Coca-Cola (2) Madelyn Albright (3) Bowl 3 strikes in a row

National Preparedness Month

This year, FEMA is recognizing that you **MAKE A PLAN** in case of emergency (flood, fire, power outage, etc) for National Preparedness Month in September. Here are some tips to help you plan—

- Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment.
- Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require.
- Be sure to make provisions for medications that require refrigeration.
- Make arrangements for any assistance to get to a shelter.
- Make an emergency kit: Water, food (non-perishable), battery-powered or hand crank radio, Flashlight/extra batteries, first aid kit, dust mask, moist towelettes and garbage bags
- Website for more info www.ready.gov

**DON'T WAIT. COMMUNICATE.
MAKE YOUR EMERGENCY PLAN TODAY.**



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!



AMERICA'S
PrepareAthon!

