

Photo by Mike Bullock

Center Hours: Mon-Fri
8:30am –4:00 pm
[www.CacheCounty.org/
Senior](http://www.CacheCounty.org/Senior)

January 2nd
@ 8:30 am
Commodities Pickup

Lunch and Learn: 12:15
Jan. 9th—Choices in
Nursing Care by Allison
Richman

A representative from the
VA will assist you with all
of your benefit needs.
Please call
Deborah Crowther
at 435-713-1462 to
schedule an appointment.

THE STARFISH STORY

One day a man was walking along the beach when he noticed a boy picking up and gently throwing things into the ocean.

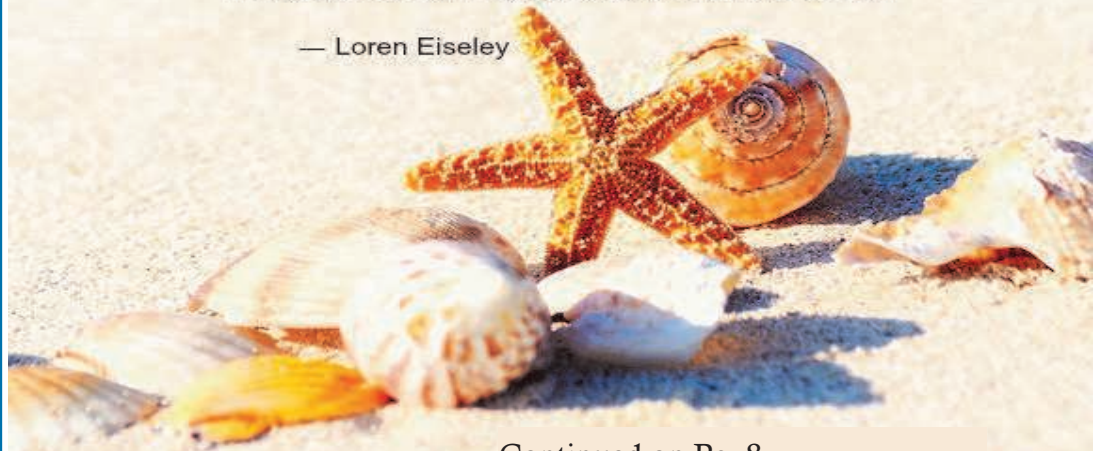
Approaching the boy he asked: "Young man, what are you doing?"

The boy replied, "Throwing starfish back into the ocean. The surf is up and the tide is going out. If I don't throw them back, they'll die."

The man laughed to himself and said, "Do you realize there are miles of miles of beach and hundreds of starfish?" "You can't make any difference."

After listening politely, the boy bent down, picked up another starfish and threw it into the surf, then smiling at the man, he said;
"I made a difference to that one."

— Loren Eiseley



Continued on Pg. 8

Community Pantries

Food banks and food pantries were intended to serve as an emergency source of food for individuals needing temporary assistance to meet their dietary needs. As the economic landscape has changed, food banks and food pantries have become a staple for individuals. During the holidays, food pantries try more than ever to ensure that people utilize the pantry. Pantries are community partnerships where donations from individuals and organizations contribute and are greatly appreciated.

Pantries are always looking for donations. If you find you have a large harvest, the food pantry is a great location to donate the excess amount of food.

If you find that your food supply is low and you are in need of some help, please contact our local pantry.

Cache Community Pantry
359 Main St., Logan, Ut
(435) 753-2122

If you do not want to go through the food pantry you are welcome to pick up commodities at the Senior Center. We hand out a bag of commodities every 1st Wednesday of the month.



Good Things To Eat

SLOW COOKER ZUPPA TOSCANA



It's time to break out your slow cooker! Maybe you're like me, when the weather gets cooler, I immediately want some comfort food, soups in particular! If you've never had this soup... it's a creamy soup with tender potatoes, spicy or mild Italian sausage and healthy kale.

Ingredients

1 lb ground Mild or Hot Italian sausage
1 bag Simply Potatoes diced potatoes and onions (can substitute with 1 diced yellow onion and 4 russet potatoes, peeled and cubed)
2 cloves large garlic minced
32 oz chicken stock
1/2 bunch kale (a couple of handfuls) de-stemmed and torn into bite sized pieces
1 cup heavy cream
2 Tbsp flour
Salt and pepper to taste
Pinch of red pepper flakes optional

Directions

Heat large sauté pan over medium high heat and brown sausage.
Add minced garlic and stir to combine.
Drain off the grease and then add sausage and garlic to the bottom of slow cooker.
Add bag of diced potatoes and onion, cover with chicken stock and water (if necessary) to completely cover potatoes and sausage.
Cover and cook on LOW for 5-6 hours or HIGH for 3-4 hours (potatoes should be soft)

BEFORE SERVING:

Whisk together heavy cream and flour until well mixed. Pour into slow cooker, add kale and stir to combine. Cover and cook on HIGH for 30 minutes until soup has thickened slightly. Taste, season according to your tastes, and serve.
<https://www.thechunkychef.com/slow-cooker-zuppa-toscana/>



Just because the Holidays are behind us doesn't mean we have to stop the PARTY!

There is lots to celebrate in January!

We will start 2019 off right with a **New Years themed bingo** on Friday, January 4th @ 10:30 am



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Firearms And Dementia: How Do You Convince A Loved One To Give Up Their Guns?



Families of people with dementia will often take away the car keys to keep their family member safe. They might remove knobs from stove burners or lock up medicine.

But what's less talked about is the risk of guns in the home for those with dementia.

That's a growing problem, as the U.S. population gets older and the number of people with dementia soars. According to the Alzheimer's Association, that number is expected to double in the next 20 years to about 14 million — the vast majority over the age of 65.

Researchers also estimate that nearly half of people over 65 either own a gun or live in a household with someone who does. Given those statistics, people who work with dementia patients are trying to raise awareness and make gun safety a top priority for families. But those who work with dementia patients say family members often don't want to think the worst.

"Most caregivers tell us, 'I've been married to him for 50 years; he would never hurt anyone,'" says Joleen Sussman, a psychologist who specializes in dementia at the Veterans Affairs Medical Center in Denver.

"And then it's talking to caregivers about, 'Yes, he would not, but his disease might hurt someone. So we have to talk about this.'

"Do you have guns? How many, and where are they?"

Sussman wants this safety issue to be top of mind: "If I had anything to say to health care professionals across the country, it would be, please, along with driving, please ask about firearms, too," she says.

Sussman advises those in health care to ask patients not just, "Do you have guns?" but also, "How many? And where are they?"

"Once I ask about firearms," Sussman explains, "I'll say, 'So, do you keep those at your bed stand within arm's reach while you're sleeping at night?' Many veterans will say yes. 'Is it loaded?' Yes. 'Does your wife sleep with you?' Yes." If you couple that proximity with the confusion, paranoia and anger that can accompany dementia, you get a potentially deadly mix.

Sussman has found that using certain words can make the conversation about guns easier. For example, she says, the word "retire" can be "pretty palatable for both driving and firearms."

For patients in the early stages of dementia, Sussman says she might tell them, "You're going to need to retire from driving and retire from the use of firearms." Which changes it from, 'We need to take these away' or 'You need to stop.' So let's plan."

Guns may represent independence

For many gun owners, their firearms are so deeply entwined with their identity that asking them to give up their guns can be really difficult.

"[Guns] represent something about independence and autonomy to them, that's their right to have," says Beth Kallmyer, vice president of care and support with the Alzheimer's Association.

"They might say to you, 'I don't care. You're not taking my guns,' Kallmyer says.

"But they might say to you, 'You're right. I want you to step in when I can't make that decision for myself anymore.' And then that helps the family later on."

Kallmyer advises families not to wait, and to have these conversations early.

Dr. Emmy Betz, who studies guns and dementia at the University of Colorado School of Medicine in Denver, suggests that families draw up a firearms agreement — a kind of advance directive for guns.

The conversation, Betz says, might include questions like "Who do you want to be the one to say, 'I think it's time'?"

Who do you want to give [your guns] to? Is it your family member? Is it Joe down at the gun club? So that you're still the one making the decision. Even if when the time comes, you're not aware of what's happening."

[https://www.npr.org/sections/health-shots/2018/11/13/660052285/firearms-and-dementia-how-do-you-convince-a-loved-one-to-give-up-their-guns?](https://www.npr.org/sections/health-shots/2018/11/13/660052285/firearms-and-dementia-how-do-you-convince-a-loved-one-to-give-up-their-guns?utm_source=facebook.com&utm_medium=social&utm_campaign=npr&utm_term=nprnews&utm_content=2042&fbclid=IwAR1BaGD5aiv6EAT_wndcOIyPQ5xieN0rpO0QQDYWfMsA4pMxbnXOyL-XzKM)

[utm_source=facebook.com&utm_medium=social&utm_campaign=npr&utm_term=nprnews&utm_content=2042&fbclid=IwAR1BaGD5aiv6EAT_wndcOIyPQ5xieN0rpO0QQDYWfMsA4pMxbnXOyL-XzKM](https://www.npr.org/sections/health-shots/2018/11/13/660052285/firearms-and-dementia-how-do-you-convince-a-loved-one-to-give-up-their-guns?utm_source=facebook.com&utm_medium=social&utm_campaign=npr&utm_term=nprnews&utm_content=2042&fbclid=IwAR1BaGD5aiv6EAT_wndcOIyPQ5xieN0rpO0QQDYWfMsA4pMxbnXOyL-XzKM)

DID SOMEONE SAY ...

Elvis

BIRTHDAY PARTY?

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AS WE SHAKE, RATTLE & ROLL IN TRIBUTE TO THIS ICONIC HUNK OF BURNING LOVE

JANUARY 8, 2019 11:00 AM

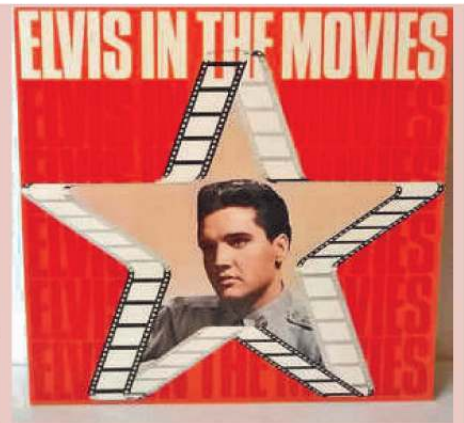
THE PARTY CONTINUES WITH AN ELVIS INSPIRED LUNCH

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PosterMyWall.com
Stock Graphic

This month in celebration of the King of Rock and Roll's birthday we will be watching a few of his movies. Movies are watched on our very own big screen. This movie room is fully equipped with surround sound! If you are a Elvis fan join us as we travel back in time and watch this legend on the big screen! Movie times: 1:00 pm.



January 3rd: Elvis: Return to Tupelo

January 4th: Blue Hawaii

January 8th: Viva Las Vegas

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JANUARY 2019

Monday

Dust of Snow
BY ROBERT FROST
 The way a crow
 Shook down on me
 The dust of snow
 From a hemlock tree
 Has given my heart
 A change of mood
 And saved some part
 Of a day I had rued.

Tuesday

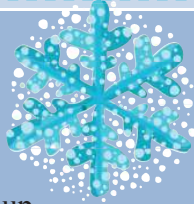
1
**CLOSED FOR NEW
 YEAR'S DAY
 HOLIDAY**

Wednesday

2
 8:30 Commodities
 1:30 Cribbage



7



1:00 Needle Work Group

8

11:00 Elvis B Day Party
 1:00 Foot Clinic by Rocky Mtn Care
 1:00 Movie: Viva Las Vegas 1h30m



9

11:15 Celebrating Elvis Cooking Class \$1.00
 12:15 Lunch and Learn: Allison Richman: Choices in Nursing Care
 12-4 AARP Driver Safety Course
 1:00 Book Club
 1:30 Cribbage

14

10:30 Poker hosted by ComForCare
 1:00 Needle Work Group

15

10:30 Board Games with Sarah
 1:00 Movie: Operation Petticoat 2h4m

16

11:15 Craft with Sarah
 1:00 Foot Clinic by Rocky Mtn Care
 1:30 Cribbage

21

**CLOSED FOR
 MARTIN
 LUTHER
 KING JR.
 HOLIDAY**



22

1:00 Foot Clinic by Integrity Home Health—Charge of \$10.00
 1:00 Movie: Selma 2h8m

23

1:30 Cribbage



28

1:00 Needle Work Group



29

10:30 Board Games with Sarah
 1:00 Movie: Julie and Julia 2h3m

30

1:30 Cribbage

JANUARY 2019

Thursday

3

10:30 Cards with CNS

10:30 Writers Group

1:00 Documentary: Elvis: Return to Tupelo 54m



Friday

4

10-12 Blood Pressure

10:30 New Years Bingo!

1:00 Movie: Blue Hawaii 1h42m



10

10:30 Writers Group

1:00 Foot Clinic by Rocky Mtn Care

1:00 Documentary: The Pixar Story 1h28m

11

10-12 Blood Pressure

1:00 Movie: Father Goose 1h58m

17

10:30 Writers Group

1:00 Documentary: 4 Little Girls 1h42m

18

10-12 Blood Pressure

1:00 Movie: Christopher Robin 1h44m



24

10:30 Writers Group

1:00 Red Hat Activity

25

10-12 Blood Pressure

10:30 Nails with Symbii

12:15 Clashing Clothes Day!

1:00 Movie: Mr. and Mrs. Loving 1h46m

31

10:30 Writers Group

1:00 Documentary: The Magic of Mushrooms 50m



Daily Activities

Monday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
9:10 Line Dancing
9:15 Breakfast Club
10:15 Tai Chi
11:15 Sit-n-be-fit/
Pickle Ball
12:30 Jeopardy
1:00 Bridge

Tuesday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
8:30 Ceramics
9-12 Painting Group
9:30 Wii Bowling
1:00 Movie

Wednesday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
9:10 Line Dancing
10:15 Tai Chi
10:30 Bingo
11:15 Sit-n-be-fit/
Ping Pong
1:00 Bridge
1:00 Bobbin Lace

Thursday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
9-12 Painting Group
9:15 Clogging
9:30 Wii Bowling
10:00 Mahjong
2:00 Spanish 101
5:00 pm TOPS
6:00 pm Knotty Knitters

Friday

8:30 Fitness Room
8:30 Quilting
8:30 Pool Room
9:10 Line Dancing
9:15 Adult Coloring
10:15-10:45 Seated Tai Chi
10:30 Bingo
11:00 Pickle Ball
11:15 Sit-n-be-fit
1:00 Bridge/Movie/
Internet Help by apt. only

Though the services of the Senior Center may not reach every senior in Cache County, to those that we are reaching, to those that we are helping, I know it makes a difference to that one person. The mission of the Senior Center is in serving older adults, and providing opportunities for older adults to develop their potential as individuals within the context of the entire community.

We believe that older adults like all people, are individuals with ambitions, capabilities and creative capacities. They are capable of continued growth and development. They have certain basic needs, including the need for opportunities for relationships and for experiencing a sense of achievement.

They need access to sources of information and help for personal and family problems, and the opportunities to learn from individuals coping with similar experiences.

We welcome all into our center and hope that all those who use our services feel our dedication to our patrons as we strive to make a difference for "that one".

Giselle

MEDICARE

Your Social Security Questions Answered

AARP experts address chief concerns:

Is there a maximum Social Security benefit you can receive no matter how much you've earned?

Yes, but that depends on the worker's year of birth, his or her yearly taxable earnings and the age the worker starts getting benefits. The highest amount a worker turning age 66 in 2019 can get is \$2,861 a month. But you can increase that amount if you wait until turning 70 to start claiming the benefit. A worker with \$2,861 a month payable at a full retirement age of 66 would collect \$3,776 a month by delaying until age 70 — without working past 66. That's because your benefit increases by 8 percent a year between full retirement age and 70.

I am making contributions to my 401(k). Will that change my Social Security earnings limit?

Contributing to a 401(k) plan does not reduce the amount of earnings that the program uses for tax purposes or in the program's retirement earnings test. Social Security looks at your gross earnings before any tax-deferred deductions and allotments.

I am on Social Security disability. Can I collect these disability payments and the program's retirement benefits at the same time?

You cannot collect both at the same time. If you are eligible for both, you would receive the higher of the two. In most cases, the disability payment will be higher than a reduced retirement benefit. That is because the program calculates your disability benefit as though you reached full retirement age when you became disabled. It converts to a retirement benefit in the month you attain full retirement age.

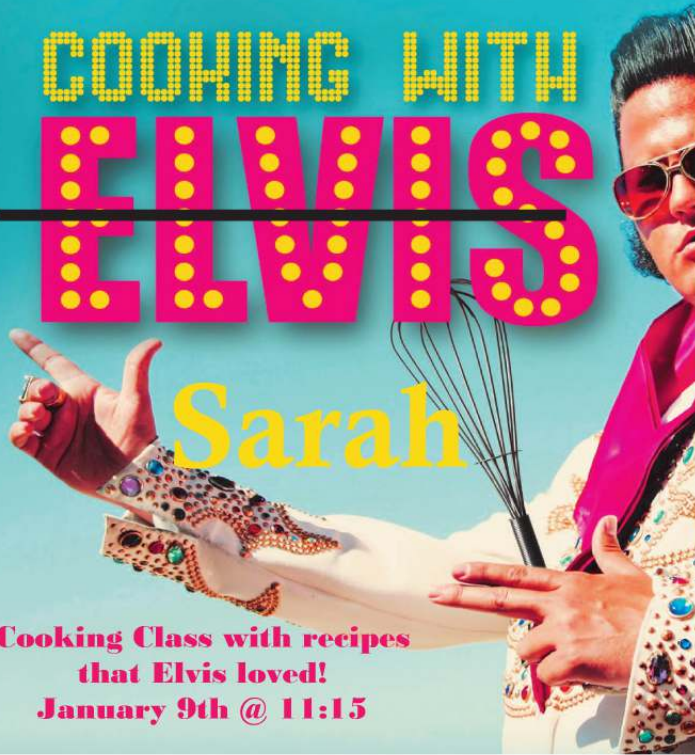
Can I collect a survivor benefit from my deceased husband at age 62 and switch to my own retirement benefits later?

Yes. When you are eligible for both your own retirement benefit and a survivor benefit, you have the option of collecting one benefit early and waiting until you are older to switch to the other. Collecting one early will not affect the amount of the other when you switch later. You can collect a survivor benefit on your deceased spouse's record as early as age 60 and wait as late as age 70 to switch to your own record. Another option is to collect your own retirement benefit as early as age 62 and switch to the survivor benefit when you reach full retirement age.


<https://www.aarp.org/retirement/social-security/info-2018/your-questions-answered.html>



COOKING WITH
ELVIS
ELVIS
Sarah



Cooking Class with recipes that Elvis loved!
January 9th @ 11:15



My word for today:
SNAUGHLING
 When you laugh so hard you snort,
 then laugh because you snorted,
 then snort because you laughed.

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JANUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Our doors open at 8:30 a.m. and we close at 4:00 p.m. Please make a reservation to eat by 3:00 p.m.</i></p>	<p>1 CLOSED FOR NEW YEAR'S DAY HOLIDAY</p>	<p>2 French Dip Sandwich Coleslaw Citrus Fruit</p>	<p>3 Chicken & Rice Savory Carrots Fruit Salad</p>	<p>4 Sliced Ham Cheesy Potatoes Buttered Corn Cherry Crisp Dinner Roll</p>
<p>7 Minestrone Soup Turkey Sandwich Mixed Berry Shortcake</p>	<p>8 Hound Dog Hot Dog Blue Moon Salad A Big Hunk of Love Potato Salad</p>	<p>9 BBQ Chicken Macaroni & Cheese Carrot Raisin Salad Apple Crisp Cheese Biscuit</p>	<p>10 Philly Beef Sandwich Peppers & Onions Pasta Salad Pineapple Fluff</p>	<p>11 Chefs Choice</p>
<p>14 Loaded Baked Potato Buttered Broccoli Spiced Pears</p>	<p>15 Salisbury Steak Seasoned Rice Sunshine Carrots Pear Strudel</p>	<p>16 Tortellini Sicilian Veggies Fruit Cup Garlic Bread</p>	<p>17 Butternut Squash Soup Ham Sandwich Tossed Salad</p>	<p>18 Orange Chicken Fried Rice Oriental Vegetables Melon Cup Fortune Cookie</p>
<p>21 CLOSED FOR MARTIN LUTHER KING JR. HOLIDAY</p>	<p>22 Chicken Enchilada Casserole Black Bean Salad Tropical Fruit Salad Tres Leches Cake</p>	<p>23 Lasagna Spinach Strawberry Salad Apple Crisp Bread Stick</p>	<p>24 Cheesy Potato Bacon Soup Tossed Salad Ambrosia Fruit Salad</p>	<p>25 Tuna Casserole Buttered Peas Fruit Jell-O Wheat Roll</p>
<p>28 Sweet & Sour Pork Steamed Brown Rice Cut Green Beans Mandarin Oranges</p>	<p>29 Turkey Burger Baked Beans Chips 3 Bean Salad</p>	<p>30 White Bean Chicken Chili Normandy Blend Vegetables Peach Cobbler</p>	<p>31 Beef Stroganoff Buttered Noodles Capri Vegetables Mixed Fruit</p>	<p><i>If you need a ride to the Senior Center call by 3:00 p.m. for a seat on the bus the next day.</i></p>

Lunch is served from 12:00 noon to 1:00 p.m. For those 60+ and their spouse the suggested donation is \$3.00. Don't forget to call in by 3:00 p.m. the day before you eat.

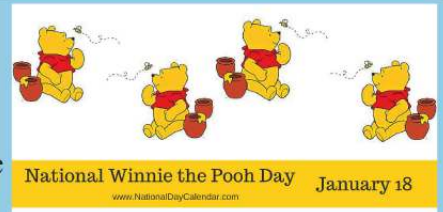
The full cost of the meal is \$5.00 for those under age 60. Please pay at the front desk to receive your meal.

Clash Day is a day we can wear crazy clothes like tutus, crazy hair, mismatched socks, and many other items of clothes that clash... (we didn't make this up, it's a real national observance!) Join us in the fun as we come dressed in our mismatched attire on **Clashing Clothes Day** January 25th at 12:15. Prizes to the best dressed!



Please wear your **WORST** outfit, we will have a cat walk for modeling and prizes for the winner... or are they losers?

National Winnie the Pooh Day is observed annually on January 18th. Author A.A. Milne brought the



adorable, honey-loving bear to life in his stories which also featured his son, Christopher Robin. National Winnie the Pooh Day commemorates Milne's January 18, 1882, birthday. Milne's lovable Pooh Bear, as he was fondly called, is a fictional bear inspired by a black bear named Winnie who lived at the London Zoo during World War I. The author's son, Christopher Robin, would visit the bear often and named his own teddy bear after her and a swan named Pooh. This friendship inspired a collection of books starting with Winnie-the-Pooh in 1926. The books were illustrated by E.H. Shepard. In the 1960s, Disney bought the rights to the Winnie-the-Pooh characters dropping the hyphen from Pooh's name. The illustrations were a bit different, too. Milne's stories have been translated into over 50 languages and are considered classic children's stories today.

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5 Ways to Stop Spam Calls

Savvy solutions to turn that flood of unsolicited calls seeking to rip you off into a trickle

by Sid Kirchheimer, [AARP Bulletin](#), October 2018

Unwanted phone calls and text messages continue to surge, no matter what efforts lawmakers and regulators take to curb them. In the first four months of this year, call-blocking service YouMail reports, more than 12 billion robocalls were made to American homes. That's about 4 million every hour, and a steady increase from last year. Live calls from telemarketers have also continued to increase.

Here's a list of do-it-yourself defenses I use that have dropped the automated and live spam calls received by more than 90 percent.

Answer with silence. When you say hello or anything else, automated voice-activated calls launch the robocall recording or transfer you to a call center, where a live operator angles for personal and financial information. But saying nothing usually disconnects these calls within seconds, with no robo-message or callbacks from that phony number. If it is an unsolicited "live" caller, wait for that person to speak to break the silence. If you don't recognize the voice, hang up.

Try a "not in service" recording. Using a portable tape recorder and a microphone attached to a handset, I copied a "this number is not in service" message during a callback to a scammer's spoofed number. Since it's cued, I sometimes play that recording — again, saying nothing — when answering calls before they go into voicemail in hopes my number will be removed from spammer calling lists. So far, I have not gotten a single callback from those incoming numbers.

Trap 'em with an app. Smartphone users have plenty of options that flag and block some fraudulent calls and text messages. Some services are free; others cost a few bucks per month.

Customers of AT&T can use Call Protect, Verizon Wireless provides Caller Name ID, Sprint offers Premium Caller ID, and T-Mobile has Scam ID and Scam Block. You can also buy apps like YouMail and RoboKiller that will filter calls for a few bucks a month — or for free in the case of Youmail.

Another freebie for virtually every landline user: Press *77 to block "anonymous" and "private" numbers, then deactivate it anytime with *87.

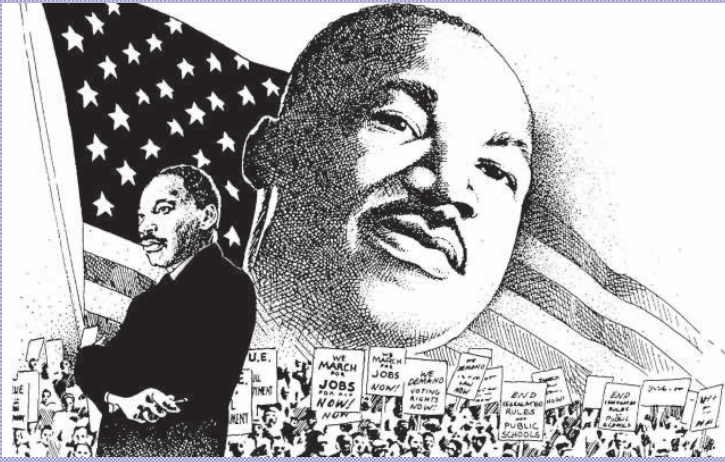
To block individual numbers that get through on an iPhone, open the phone app, tap the circled "i" icon to the right of the spam number that called, scroll down and tap Block This Caller. For Android smartphones, open the phone app and tap the calling number, select Details, then Block Number.

Know which calls to avoid. The most common calling cons are pitches that promise to reduce debt and credit card rates or to get you preapproved loans; offer free or low-cost vacations, time-shares, home security systems and medical supplies; or come from government and utility company impostors.

A dropped or "one-ring" call is a common ruse to prompt a callback. Beware of area codes 268, 284, 809 and 876, which originate from Caribbean countries with high per-minute phone charges. Robocalls tend to be highest on Friday and Tuesday, and the most frequently targeted numbers are in Atlanta, Chicago, Dallas, New York City, Los Angeles, Houston, Birmingham, Ala., and Miami.



My exercise routine consists of doing diddly squats!



We will honor **Martin Luther King Jr** and the **Civil Rights Movement** this month.

Join us as we watch
Selma on January 22nd

Mr. and Mrs. Loving on January 25th

A documentary: 4 Little Girls January 17th
Show times 1:00 pm

About HEAT

The Home Energy Assistance Target (HEAT) Program helps families in Cache, Rich, and Box Elder Counties manage their utility costs during the winter. HEAT is a federal program administered by the State of Utah and offers assistance to residents from Nov. 1 to March 31 unless funds run out early.

Who Qualifies for HEAT

To qualify for HEAT assistance in Cache, Rich, and Box Elder Counties, you must meet the following requirements:

- Must be the person responsible for the utilities
- Must have at least one household member who is a US citizen or qualified alien
- Must have an income at or below 150 percent of the federal poverty level
- Income information sheet

For information on the HEAT Program or need year-round energy crisis assistance, call 435-752-7242



CONTACT

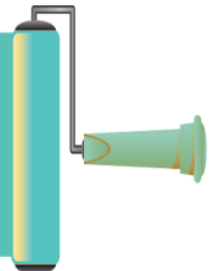
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New Year's Traditions

In many countries, New Year's celebrations begin on the evening of December 31—New Year's Eve—and continue into the early hours of January 1. Revelers often enjoy meals and snacks thought to bestow good luck for the coming year. In Spain and several other Spanish-speaking countries, people bolt down a dozen grapes—symbolizing their hopes for the months ahead—right before midnight. In many parts of the world, traditional New Year's dishes feature legumes, which are thought to resemble coins and herald future financial success; examples include lentils in Italy and black-eyed peas in the southern United States. Because pigs represent progress and prosperity in some cultures, pork appears on the New Year's Eve table in Cuba, Austria, Hungary, Portugal and other countries. Ring-shaped cakes and pastries, a sign that the year has come full circle, round out the feast in the Netherlands, Mexico, Greece and elsewhere. In Sweden and Norway, meanwhile, rice pudding with an almond hidden inside is served on New Year's Eve; it is said that whoever finds the nut can expect 12 months of good fortune.

Other customs that are common worldwide include watching fireworks and singing songs to welcome the new year, including the ever-popular “Auld Lang Syne” in many English-speaking countries. The practice of making resolutions for the new year is thought to have first caught on among the ancient Babylonians, who made promises in order to earn the favor of the gods and start the year off on the right foot. (They would reportedly vow to pay off debts and return borrowed farm equipment.)

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907. Over time, the ball itself has ballooned from a 700-pound iron-and-wood orb to a brightly patterned sphere 12 feet in diameter and weighing in at nearly 12,000 pounds.



**We will welcome in the New Year
by
celebrating with Bingo & eating
some traditional snacks from
different parts of the world
“thought to bestow good luck for
the coming year.”**

**Come try Black Eyed Peas, Rice Pudding and Kings Cake as we make
our New Years Resolutions.**

**January 4th 10:30 AM NEW YEARS
BINGO**

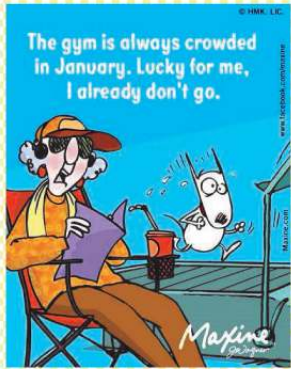
If you're an older adult looking to establish an exercise routine, you should, ideally, be able to incorporate 150 minutes of moderate endurance activity into your week. This can include walking, swimming, cycling, and a little bit of time every day to improve strength, flexibility, and balance.



The Centers for Disease Control and Prevention suggest this amount of time for generally fit Americans aged 65 and older. Even though this sounds like a lot, the good news is that you can break it down into 10- or 15-minute chunks of exercise two or more times a day.

Since accidental falls are a significant source of injury for many older adults, incorporating balance exercises in your exercise regimen is essential. Doing balance exercises, such as the ones described here, or an activity such as tai chi or yoga, makes it easier to walk on uneven surfaces without losing balance. You can do these balance exercises every day, several times a day — even when you're standing in line at the bank or the grocery store. If you have not tried our Tai Chi class this is the perfect time! This class is an evidence based class designed to not only strengthen but improve balance. Our instructors have been Certified to teach tai chi fall prevention and tai arthritis.

Tai Chi Mondays and Wednesdays at 10:15 am
 Tai Chi sitting Fridays at 10:30 am



Another great form of low impact exercise is Line Dancing or Clogging. Time flies when you're having fun. You deserve to spend your time doing things you enjoy. Transform exercise from something you dread to something you love by opting for effective workouts that don't feel like work. Line Dancing is offered Mondays and Fridays at 9:15 am Clogging is offered Thursdays at 9:15 am.

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