

COMMUNITY & SENIOR CENTER

Newsletter

Exercise and Physical Activity: Getting Fit for Life

Brought to you by: The National Institute on Aging "Age Page"

"After walking on a treadmill at the local community center, I knew I'd be happier outside. So, I got a step counter and started walking in my neighborhood. Since then, I've seen yellow tulips bloom in spring and red dogwood leaves drop in fall. I always come home with more energy and happy to go on with the rest of the day." Marian (age 81)

"Both my wife and I have heart problems. About 2 years ago, we joined our local health club, where we do both endurance and strength training exercises. On the off days, we walk near our house. It's been lifesaving for us." Bob (age 69)

These older adults are living proof that exercise and physical activity are good for you, no matter how old you are. In fact, staying active can help you:

- ◆ Keep and improve your strength so you can stay independent
- ◆ Have more energy to do the things you want to do
- ◆ Improve your balance
- ◆ Prevent or delay some diseases like heart disease, diabetes, and osteoporosis
- ◆ Perk up your mood and reduce depression

You don't need to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life.

Find things you like to do. Go for

brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine.

Four Ways To Be Active

To get all of the benefits of physical activity, try all four types of exercise- 1) endurance, 2) strength, 3) balance, and 4) flexibility.

- ◆ Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best. That's called an **endurance** activity because it builds your energy or "staying power." You don't have to be active for 30 minutes all at once. Ten minutes at a time is fine. How hard do you need to push yourself? If you can talk without any trouble at all, you are not working hard enough. If you can't talk at all, it's too hard.
- ◆ Keep using your muscles. **Strength** exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, you can lift your grandchildren, and you can walk through the park. Keeping your muscles in shape helps prevent falls that cause problems like broken

hips. You are less likely to fall when your leg and hip muscles are strong.

- ◆ Do things to help your **balance**. Try standing on one foot, then the other. If you can, don't hold on to anything for support. Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch.

- ◆ **Stretching** can improve your flexibility. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway. Stretch when your muscles are warmed up. Don't stretch so far that it hurts.

Who Should Exercise?

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease or diabetes.

In fact, physical activity may help. For most older adults, brisk walking, riding a bike, swimming, weight lifting, and gardening are safe, especially if you build up slowly.

But, check with your doctor if you are over 50 and you aren't used to energetic activity.

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JUNE 2013

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Hours of Operation

Mon-Thurs.	8am-4pm
Friday	8am-1pm

Cards & Tile Games

- Open Pinochle, 8am-3:30 p.m. (Mon./Wed.)
8am-12:30 pm (Fri.)
- Mexican Train, 12-3:30 p.m. (Tuesday)
- Dominos, 12-3:30 p.m. (Tuesday)
- Mah-Jongg, 12-3:30 p.m. (Tues./Wed./Thurs.)
8am-12:30 pm (Fri.)
- Cribbage, 12:30-3:30 p.m. (Thursday)
- Hand and Foot, 12:00-3:30 p.m. (Thursday)

PROGRAMS/EVENTS

June 8
Fishing Day
 Departure: 7:00
 Return: 3:00
 Fee: \$15.00(transportation)
 Location: Las Vegas

June 19
SAMS Town
 Departure: 9:00 a.m.
 Return: 5:00 p.m.
 Fee: \$15.00(transportation)
 Location: Las Vegas

May 26
 MOB Museum
 Departure: 9:00 a.m.
 Return: 4:00 p.m.
 Fee: \$15 (transportation)
Fee; \$10.00 to get in
 Location: Las Vegas NV

JUNE 8 IS FREE FISHING DAY IN UTAH!!!

Departing Time: 7 a.m. (from: Sr. Center) Returning: 3 p.m.
 Registration's Deadline: Tuesday, June 4.
 Transportation Fee: \$15 per person

Are You Smarter Than a Scam Artist?



The Nevada SMP (Senior Medical Patrol) and United-Healthcare will be hosting a special presentation titled, "Are You Smarter Than a Scam Artist?," following lunch on Monday, June 10 from 12:00 p.m. to 1:00 p.m. free of charge. Refreshments will be provided.



This interactive game show presentation tests your ability to outfox identity theft crooks and other scam artists. The goal is to empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education. For more information please contact Greg Barson at 702-625-0220.

Exercise and Physical Activity: Getting Fit for Life

Other reasons to check with your doctor before you exercise include:

- ◆ Any new symptom you haven't discussed with your doctor
- ◆ Dizziness or shortness of breath
- ◆ Chest pain or pressure or the feeling that your heart is skipping, racing, or fluttering
- ◆ Blood clots
- ◆ An infection or fever with muscle aches
- ◆ Unplanned weight loss
- ◆ Foot or ankle sores that won't heal
- ◆ Joint swelling
- ◆ A bleeding or detached retina, eye surgery, or laser treatment
- ◆ A hernia
- ◆ Recent hip or back surgery

Safety Tips

Here are some things you can do to make sure you are exercising safely:

- ◆ Start slowly, especially if you haven't been active for a long time. Little by little build up your activities and how hard you work at them.

- ◆ Don't hold your breath during strength exercises. That could cause changes in your blood pressure. It may seem strange at first, but you should breathe out as you lift something, and breathe in as you relax.
- ◆ Use safety equipment. For example, wear a helmet for bike riding or the right shoes for walking or jogging.
- ◆ Unless your doctor has asked you to limit fluids, be sure to drink plenty when you are doing activities. Many older adults don't feel thirsty even if their body needs fluids.
- ◆ Always bend forward from the hips, not the waist. If you keep your back straight, you're probably bending the right way. If your back "humps," that's probably wrong.
- ◆ Warm up your muscles before you stretch. Try walking and light arm pumping first.
- ◆ Exercise should not hurt or make you feel really tired. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain. In fact, in many ways, being active will probably make you feel better.

PRICE IS RIGHT WINNER

What are the chances out of 310 people you're chosen as a contestant for a network game show? And, what are the chances, once you're chosen to be that contestant up on stage under the bright lights, you could actually end up in the Winner Circle? Well, if you're named Patricia "Pat" Kimberlin from Mesquite, come on down! As a result the "Pat" walked away Winning the entire show case. Congratulations Pat!!!

SAN DIEGO THE GREAT FALL ADVENTURE GETAWAY

Date:
 Oct. 31-Nov. 3, 2013

Includes:

- ◆ Round Trip Deluxe Motorcoach
- ◆ Three Nights Hotel Accommodations
- ◆ Breakfast (at Hotel)
- ◆ Lunch on the USS Midway Aircraft Carrier
- ◆ Sightseeing Cruise
- ◆ Seaport Village
- ◆ Admissions:
 - ⇒ SeaWorld San Diego
 - ⇒ San Diego Zoo
 - ⇒ USS Midway Museum
- ◆ Gratuity & Hotel Room For Motorcoach Driver
- ◆ Luggage Tag

For more information contact the Tour Planner:

Randy Schwartz
 PH: 702-497-7653

City of Mesquite Lifelong Exercise Program

2013 SUMMER SCHEDULE

MAY 6-JULY 26, 2013

Senior classes held daily from 7-11:45 a.m. (Free to pass-holders (except Zumba/line dance) \$5 per class for non-pass holders)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>7-7:45 Abs & Buns Intermediate/Advanced (Griseyda)</p> <p>8-8:45 Beginning Strength & Core (Terrie/Griseyda)</p> <p>Intermediate/Adv. Strength & More (Nichole)</p>	<p>7-7:45 Abs & Buns Intermediate/Advanced (Griseyda)</p> <p>8-8:45 Cardio & More (Nichole)</p>	<p>7-7:45 Abs & Buns Intermediate/Advanced (Griseyda)</p> <p>8-8:45 Beginning Strength & Core (Terrie/Griseyda)</p> <p>Intermediate/Adv. Strength & More (Nichole)</p>	<p>7-7:45 Abs & Buns Intermediate/Advanced (Griseyda)</p> <p>8-8:45 Cardio & More (Nichole)</p>	<p>8-8:45 Beginning Strength & Core (Terrie)</p> <p>Intermediate/Adv. Strength & More (Nichole)</p>
<p>9-9:45 Water Aerobics (Maxine)</p> <p>Gentle Yoga (Terrie)</p> <p>Line Dance I (Rebecca)</p>	<p>9-9:45 ZUMBA <i>(drop-in \$2)</i> (Nichole/Griseyda)</p>	<p>9-9:45 Water Aerobics (Maxine)</p> <p>Gentle Yoga (Terrie)</p> <p>Line Dance I (Rebecca)</p>	<p>9-9:45 ZUMBA <i>(drop-in \$2)</i> (Nichole/Griseyda)</p>	<p>9-9:45 Water Aerobics (Maxine)</p> <p>Gentle Yoga (Terrie)</p>
<p>10:30-11:15 Chair Exercise- Sr. Center (Jean Koehler)</p>	<p>10:30-11:15 Chair Exercise- Sr. Center (Jo Anne Smith)</p>	<p>10:30-11:15 Chair Exercise- Sr. Center (Jo Anne Smith)</p>	<p>10:30-11:15 Chair Exercise- Sr. Center (Jo Anne Smith)</p>	<p>10:30-11:15 Chair Exercise- Sr. Center (Jo Anne Smith)</p>

Lifelong Exercise Program Membership Fee:

(Classes Only)

		Mesquite/Clark Co. Residents	Non-Mesquite/Clark Co. Residents
Fall/Winter	Session 1	\$40	\$60
Winter/Spring	Session 2	\$40	\$60
Spring/Summer	Session 3	\$40	\$60

Lifelong Program Membership: Good for Lifelong Fitness Only.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

NO CLASSES:

4th of July-Independence Day

LIFELONG SCHEDULE

SESSION 1-September 9-December 13, 2013

SESSION 2-January 6-March 21, 2014

SESSION 3-May 5-July 25, 2014

MENU

Lunch Served from 11 a.m. to 12:30 p.m. **Menu Subject to Change Without Notice.**

JUNE 2013

MON	TUE	WED	THU	FRI
3 Chicken Alfredo Broccoli Bread Stick Peaches	4 Pot Roast Red Potatoes Carrots Dessert	5 Navajo Tacos Spanish Rice Beans Fruit Cocktail	6 Pulled Pork Sandwich Cole Slaw Baked Beans Fruit	7 Parmesan Tilapia Rice Pilaf Broccoli & Cauliflower w/ cheese sauce Dessert
10 Beef Stroganoff Green Beans Garlic Bread Peaches	11 Chicken Tortilla Soup Tortilla Roll Up Salad Dessert	12 Pizza Salad Cottage Cheese Fruit	13 Chef Salad Beets Homemade Roll Pineapple	14 Stuffed Pollock Rice Pilaf Vegetable Fruit
17 Pork Chili Verde Spanish Rice Salad Pears H/B—Mixed Vegetable	18 Sheppard Pie Corn Bread Salad Fruit	19 Hot Chicken Sandwich Tomato Salad Cottage Cheese Dessert	20 Hot Dog Chili Coleslaw Dessert	21 Chicken Fried Steak Mashed Potatoes Carrots Peaches
24 Fish & Chips Coleslaw Dessert H/B—Vegetable	25 Sloppy Joe Cabbage Salad Macaroni Salad Dessert	26 Smothered Burrito Spanish Rice Salad Fruit Cocktail	27 BBQ Chicken Mac & Cheese Green Beans Pears	28 Swiss Steak Rice Peas Dessert

NEWSLETTER VIA-EMAIL

Are you interested in receiving our Monthly Newsletter via-email? If you are, it's very easy: We need your full name & email address so we can add you on our contact list. Visit our front desk and write your information on the email sign-in sheet or you can email me at: gbelalcazar@mesquitenv.gov

NUTRITION PROGRAM

Lunch is served from 11 a.m.-12:30 p.m.

- Monday through Friday (except holidays)
- A \$2.50 donation is suggested for 60 years and older.
- \$4.00 fee for 59 and under.
- To inquire about Homebound delivery call 346-5290.

Food Allergy Notice

Food items may contain these or other allergy causing ingredients:

Nuts, Milk, Eggs, Wheat,
Soybeans, Peanuts, Fish,
and Shellfish