



SENIORS IN MOTION

Lynn Haven Senior Center

905 Pennsylvania Ave., Lynn Haven, Florida 32444 (850) 277-2730

Opened Mon-Fri 8:30 am - 4:30 pm

BAY COUNTY
Council on Aging

March 2018

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St. Patrick's Day

March 17



Diane Rodriguez

Lynn Haven Senior Center Director
www.baycouncilonaging.org



GO FURTHER *with* FOOD



March is National Nutrition Month

National Nutrition Month is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focused on the importance of making informed food choices and developing sound eating and physical activity habits. In addition, National Nutrition Month promotes the Academy and its members to the public and the media as the most valuable and credible source of timely, scientifically-based food and nutrition information.

Nutrition for Seniors, what does "Healthy Eating" mean?

According to the Dietary Guidelines a healthy diet: emphasizes vegetable, fruits, whole grains, and fat free or low-fat milk products; It includes lean meats, poultry, fish, beans, eggs, and nuts; It is low in saturated fats, trans fats, cholesterol, salt, and added sugars; And balances the calories you take in from food and beverages with the calories burned through physical activity to maintain a healthy weight. Here are some tips to help you meet the guidelines:

- Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients.
- Include foods that contain fiber such as fruits, vegetables, beans, and whole -grains.
- Eat lean cuts of meat and poultry.
- Pay attentions to portion sizes. Smaller portions equal fewer calories.
- Season food with lemon juice, herbs and spices, instead of salt and butter.
- Choose foods that are baked, broiled, braised, grilled, steamed, sautéed, or boiled, rather than fried.
- Stay away from all-you-can-eat buffet instead, select a dish from a menu.

Overcoming Roadblocks to Healthy Eating!

Here are some suggestions from the National Institute on Aging to help you overcome barriers to healthy eating.

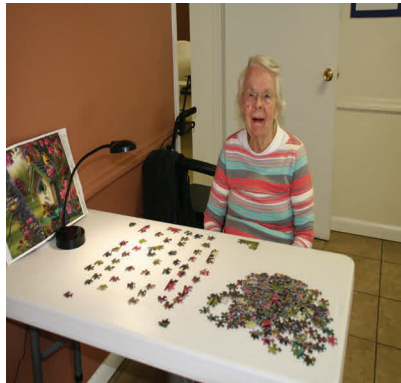
Does food taste different? Your sense of taste or smell can change with age. Medication side effects and other things also can affect these senses. Try using lemon juice, vinegar, or herbs to boost the flavor.

Do you have problems chewing food? If you have problems with your teeth or dentures often you will avoid eating meats, fruits or vegetables which you are missing out on important nutrients. Ask your dentist to check your teeth or dentures.

Is it sometimes hard to swallow food? If food gets stuck in your throat, less saliva in your mouth might be the culprit. Drink plenty of liquids with your meal.

Are you just not hungry? Try being more active. Exercising may make you hungrier. Lack of appetite sometimes is a side effect of medication- your doc may be able to help.

Are you tired of cooking or eating alone? Trying cooking with a friend. Look into eating at a senior center, community center, or religious facility.



Jigsaw Puzzles

Many of our Seniors enjoy passing the time putting jigsaw puzzles together. Jean Roat, 89 has made puzzles her daily workout every afternoon. Studies show that piecing together a jigsaw puzzle

is excellent exercise for the brain. Puzzles not only get the brain working, but it allows for social opportunities between loved ones and friends and can create positive emotional connections.

Spanish Class

Learning Spanish is actually a medical device. Research indicates that knowing and using two languages reduces your chances of developing dementia. Bilingualism enhances mental abilities in both children and older adults. The studies show studying languages can improve your memory and slow age-related decline in mental acuity. Your critical thinking skills will be improved as you learn to view things through a different lens. Learning a second language stimulates creativity!



June Adams member of the LHSC and retired Spanish teacher, teaches the class on Wednesday and Friday at 12:30 PM.

For more info call the center at 277-2730!

Informational

March is National Nutrition Month. Dr. Marjorie Moore from the FSU Extension Office will be conducting a special presentation on Nutrition for Seniors. The date, Tuesday March 29 at 10:30 AM. Please join us! By attending this presentation it acknowledges we are serious about being healthy as we get older!

Entertainment

Jim Slater “The Singing Snowbird” is back in town! Jim and his wife Jan visit the center every year and have been entertaining our seniors for four years. They come to us from Minnesota. Jim brings his tunes of classic country, 50’s-60’s and gospel. He is a great hit and our seniors especially like the line dance music he provides! Next scheduled performance is **March 13 @ 10:30 AM.**



BIRTHDAYS



March


- June A. 5, Dorothy A. 25
- Peggy C. 30, Beverly D. 10
- Will J. 22 James L. 5
- Flora S. 31, Gwen S. 6
- Flo Stocker 4, Nancy W. 4

Art & Fun

Another great turn-out for the “Art & Fun” class. Rose Province instructor brings in her art supplies and conducts a weekly art activity for our senior members. Rose is from Michigan and attends the center for at least for 3 months of the year. Below, are seniors engaged in ‘sharpie marker cloth design.’ This consisted of spraying alcohol on their cloth sketched design, then watching their design stretch, it was a cool transformation to see!



Weekly Activity Calendar-Monday thru Friday

		<p>1 9:00 <i>GYSB Exercise</i> 10:30 Jewelry Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes</p>	<p>2 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Poker 11:30 Hot Lunch 12:00 Cards 12:30 Begin Spanish</p>	
<p>5 9:30 Chair Aerobics 10:30 GYSB Exercise 10:30 Board Games 11:30 Hot Lunch 12:00 Cards 12:00 <i>Adv. Line Dance</i> 1:00 <i>Intm. Line Dance</i></p>	<p>6 9:00 Tai Chi 9:00 Bridge 10:30 Essential Oils 11:30 Hot Lunch 12:00 Cards 12:00 Mex. Dominoes 12:00 HK Mahjong</p>	<p>7 9:30 Chair Aerobics 10:30 Art & Fun 11:30 Hot Lunch 12:00 Cards 12:00 <i>Line Dance</i> 12:30 Conv. Spanish 1:00 <i>Begin Line Dance</i></p>	<p>8 9:00 <i>GYSB Exercise</i> 10:30 Fashion Show 10:30 Choc. Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes</p>	<p>9 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Poker 11:30 Hot Lunch 12:00 Cards 12:30 Begin Spanish</p>
<p>12 9:30 Chair Aerobics 10:30 GYSB Exercise 10:30 Book Club 11:30 Hot Lunch 12:00 Cards 12:00 <i>Adv. Line Dance</i> 1:00 <i>Intm. Line Dance</i></p>	<p>13 9:00 Tai Chi 9:00 Bridge 10:30 DJ-Jim Slater 11:30 Lunch/Birthdays 11:30 H2U Cardiologist ----Aortic Aneurysms---- 12:00 Cards 12:00 Mex. Dominoes</p>	<p>14 9:30 Chair Aerobics 10:30 Art & Fun 11:30 Hot Lunch 12:00 Cards 12:00 <i>Adv. Line Dance</i> 12:30 Conv. Spanish 1:00 <i>Begin Line Dance</i></p>	<p>15 9:00 <i>GYSB Exercise</i> 10:30 Music by Lucky Mudd 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes</p>	<p>16 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Poker 11:30 Hot Lunch 12:00 Cards 12:00 Beg. Spanish</p>
<p>19 9:30 Chair Aerobics 10:30 GYSB Exercise 10:30 Board Games 11:30 Hot Lunch 12:00 Cards 12:00 <i>Adv. Line Dance</i> 1:00 <i>Intm. Line Dance</i></p>	<p>20 9:00 Tai Chi 9:00 Bridge 10:30 Dr. Marjorie Moore - Nutrition 11:30 Hot Lunch 12:00 Cards 12:00 Mex. Dominoes 12:00 HK Mahjong</p>	<p>21 9:30 Chair Aerobics 10:30 Art & Fun 11:30 Hot Lunch 12:00 Cards 12:00 <i>Adv. Line Dance</i> 12:30 Conv. Spanish 1:00 <i>Begin Line Dance</i></p>	<p>22 9:00 <i>GYSB Exercise</i> 10:30 Veterans Affairs 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes</p>	<p>23 9:30 Chair Aerobics 10:30 Bingo/Games 10:30 Poker 11:30 Hot Lunch 12:00 Cards 12:00 Beg. Spanish</p>
<p>26 9:30 Chair Aerobics 10:30 GYSB Exercise 10:30 Board Games 11:30 Hot Lunch 12:00 Cards 12:00 <i>Adv. Line Dance</i> 1:00 <i>Intm. Line Dance</i></p>	<p>27 9:00 Tai Chi 9:00 Bridge 10:30 Korake w/Lisa (Interim Health Care) 11:30 Hot Lunch 12:00 Cards 12:00 Mex. Dominoes 12:00 HK Mahjong</p>	<p>28 9:30 Chair Aerobics 10:30 Art & Fun 11:30 Hot Lunch 12:00 Cards 12:00 <i>Adv. Line Dance</i> 12:30 Conv. Spanish 1:00 <i>Begin Line Dance</i></p>	<p>29 9:00 <i>GYSB Exercise</i> 10:30 Super Food Bingo 11:30 Hot Lunch 12:00 Cards 12:00 Bridge 12:00 Mex. Dominoes</p>	<p>30</p>



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Lynn Haven Senior Center
905 Pennsylvania Ave.
Lynn Haven, Fl 32444

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RETURN SERVICE REQUESTED

Ageless Grace

Timeless Fitness for the Body & Brain

Marghi McClearn, BA, certified Ageless Grace Brain Health Education & Trainer presented the Ageless Grace, Brain Health program to the LHSC senior members. Good reviews came about as the seniors finished up a seated physical exercise that was to stimulate the five primary functions of the brain (strategic planning, memory & recall, analytical thinking, creativity and imagination and kinesthetic learning. Ms. McClearn claims each of the brain-changing tools also focus on primary physical skill necessary for life-long optimal function such as joint mobility, balance, spinal flexibility.



Ageless Grace Program is ideal for:
Anyone who wants to stay cognitively fit and vibrant through stimulation of the brain plasticity.

All health and fitness professionals desiring brain health skill on their resume.

Lynn Haven Senior Center Serving Seniors Since 2005