

ONSTED SENIOR CITIZEN CENTER  
DIRECTOR~ JULIE RUTTINGER

AMERICAN LEGION, ONSTED, MICHIGAN  
COOK ~

8:30 - 2:30 MON - WED - THUR

PHONE: 467-6917

LUNCH SERVED  
AT 11:30

# September 2018

MONDAY	WEDNESDAY	THURSDAY
<b>LABOR DAY</b> <b>CLOSED</b>	9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 CRAFT/BINGO	9:15 LINE DANCING w/ GLORIA 12:00 CARDS AND GAMES
9:30 GENTLE AEROBICS 10:30 <b>BLOOD PRESSURE CHECK</b> 12:00 CARDS, GAMES & PUZZELS 12:30 VEGGIE MOBILE	9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZELS 12:15 CRAFT/BINGO	9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZELS 12:15 <b>POPCORN DAY</b>
9:30 GENTLE AEROBICS 12:00 CARDS, GAMES & PUZZELS 12:30 VEGGIE MOBILE	9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZELS	<b>ONSTED SENIOR CENTER IS CLOSED. LDA STAFF MEETING</b>
9:30 GENTLE AEROBICS 12:00 CARDS, GAMES & PUZZELS 12:30 VEGGIE MOBILE 10:30 <b>BOARD MEETING</b>	9:00 <i>CARDIO DRUMMING</i> 10:00 BIBLE STUDY 12:00 CARDS, GAMES & PUZZELS 12:15 CRAFTS/BINGO	9:15 LINE DANCING w/ GLORIA 12:00 CARDS, GAMES & PUZZELS

LENAWEE COUNTY DEPARTMENT ON AGING, 1040 S. WINTER ST., SUITE. 3003, ADRIAN, MI 49221, PHONE: 264-5280

## NUTRITION NEWS

- Staying hydrated during the summer months is very important! When individuals do not get enough fluids when it is hot outside, it can increase risk for serious health concerns. Older adults are more susceptible for dehydration because the body's ability to conserve water decreases.

Here are some helpful tips to help stay hydrated:

- Aim to consume 6-8 glasses of water/day (Make your water more flavorful and make fruit-infused water).
- Drink water when you wake up, at each meal, and in between meals.
- Fruits and vegetables alone can provide a substantial amount of fluid (cucumbers, tomatoes, watermelon, bell peppers, grapes, cantaloupe, apples and oranges). Eat at least 5 cups of fruits and vegetables per day.
- Know the signs and symptoms of dehydration (dark urine, small quantity, dry mouth, cracked lips, frequent urine infections and sunken eyes).

--Wishing you wellness...Kelsey Krieger, Dietetic Intern (LDA Nutrition Office)

ALL LDA Senior Centers will be **CLOSED** on 9/20 for a staff meeting.

The Walk to End Alzheimers is on 9/16/2018 at the Adrian College Campus. Reg. @ 12:30pm & walk @ 2:00pm  
 Oh These Irish Hills 5K Run & 1 K walk at Hidden Lake Gardens is 9/22/2018  
 Clinton Fall Festival is 9/27 -9/29/2018 in Clinton