

Director - Julie Ruttinger

Cook - Carole Jones


MAY 2019

ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION

SERVING LUNCH at 11:30

OPEN 8:30 - 2:30

467-6917

MONDAY	WEDNESDAY	THURSDAY
	8:30 CORE STRENGTH 1 9:15 CARDIO DRUMMING 10:00 BIBLE STUDY 10:30 CARDS, GAMES & PUZZLES 12:15 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 2 10:30 CARDS, GAMES & PUZZLES
9:30 GENTLE EXERCISE 6 10:00 STRETCH & BALANCE 10:30 Blood Pressure Check 12:15 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	8:30 CORE STRENGTH 8 9:15 CARDIO DRUMMING 10:00 BIBLE STUDY 10:30 CARDS, GAMES & PUZZLES 12:15 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 9 10:30 CARDS, GAMES & PUZZLES
9:30 GENTLE EXERCISE 13 10:00 STRETCH & BALANCE 12:30 CARDS, GAMES & PUZZLES 12:30 VEGGIE MOBILE	8:30 CORE STRENGTH 15 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 10:30 CARDS, GAMES & PUZZLES 12:30 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 16 10:30 CARDS, GAMES & PUZZLES
9:30 GENTLE EXERCISE 20 10:00 STRETCH & BALANCE 10:30 BOARD MEETING 12:30 VEGGIE MOBILE	8:30 CORE STENGTH 22 9:00 CARDIO DRUMMING 10:00 BIBLE STUDY 12:00 CARDS AND GAMES 12:15 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 23 10:30 CARDS, GAMES & PUZZLES 12:15 FUSILIER FAMILY FARMS
MEMORIAL DAY CLOSED 12:00 MEMORIAL DAY PARADE 27	8:30 CORE STRENGTH 29 9:15 CARDIO DRUMMING 10:00 BIBLE STUDY 10:30 CARDS, GAMES & PUZZLES 12:15 BINGO/CRAFTS	9:15 LINE DANCING w/ GLORIA 30 10:30 CARDS, GAMES & PUZZLES

NUTRITION NOTES:

Poor nutrition can contribute to stress, tiredness and our capacity to function, and over time, it can contribute to the risk of developing chronic diseases and illnesses such as being overweight, tooth decay, high blood pressure, type 2 diabetes, heart disease, cancer and depression. According to a study done by Willett, 90 percent of type 2 diabetes in U.S. adults, 80 percent of CAD, 70 percent of stroke, and 70 percent of colon cancer are potentially preventable by a combination of nonsmoking, avoidance of overweight, moderate physical activity, healthy diet, and moderate consumption of alcohol. Avoid malnutrition and food insecurity by planning your food consumption in advance and seeking the support needed when faced with struggle in managing your eating habits.

Lenawee County Dept. On Aging, 1040 S. Winter St., Suite 3003, Adrian, MI 49221 phone: 264-5280

5/13 WELLNESS FAN CLUB begins

5/23 Fusilier Family Farms

5/27 Memorial Parade

Promedica Farm Visit