

# September

SERVING LUNCH at 11:30

**OPEN 8:30 - 2:00**

## ONSTED SENIOR CITIZEN CENTER AT THE AMERICAN LEGION 467-6917

MONDAY	WEDNESDAY	THURSDAY
5 LABOR DAY CLOSED	7 BINGO/ Pennies	8 LINE DANCING w/ GLORIA 11:30 Jon is singing having lunch with us
12 CARDS, GAMES & PUZZLES	14 Lenawee Medical Blood press Bingo/ Treats	15 LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES
19 CARDS, GAMES & PUZZLES Family Feud Game VEGGIE MOBILE	21 World Alzheimer's Day BINGO/ Pennies	22 Horse race game 10:30 CARDS, GAMES & PUZZLES
26 National Family Day Bring in our Family Pictures	28 BINGO/ Treats	29 LINE DANCING w/ GLORIA CARDS, GAMES & PUZZLES
		

**NUTRITION NOTES:**

**What is Cholesterol?**

Cholesterol is a waxy, fat-like substance found in your body and many foods. Your body needs Cholesterol to function normally, however too much cholesterol can cause build up in your arteries and put you at risk for heart disease and stroke.

**Here Are a few good ways to support your cholesterol.**

- low-fat, high-fiber foods (eat more fresh fruits, fresh vegetables, and whole grains)
- Make time for some physical activity (2 1/2 hours a week of moderate exercise is recommended)
- Maintain a healthy weight
- Don't smoke

There is no one-size-fits-all approach for managing high cholesterol.

If you are concerned about your cholesterol, speak to your physician about the best approach for you.

