

Director - Julie Kulka

Asst. Director Shirley Metternick

# September

SERVING LUNCH at 11:30

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

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

MONDAY	WEDNESDAY	THURSDAY
4	6	7
<p><b>LABOR DAY</b> <b>CLOSED</b> Have a fun Day See you on Wednesday</p>	<p>9:30 <b>Gentle Exercise</b></p> <p><b>BINGO/ Pennies</b></p>	<p>9:00 <b>LINE DANCING w/ GLORIA</b> Celebrating Grandparents Day</p>
11	13	14
<p>9:30 <b>Cardio Drumming</b> 10:00 <b>Gentle Exercise</b> <b>CARDS, GAMES &amp; PUZZLES</b> Day Of Remembrance</p>	<p>9:30 <b>Gentle Exercise</b> <b>Lenawee Medical</b> <b>Blood Pressure w/ Kara</b> <b>Bingo/ Treats</b></p>	<p>9:00 <b>LINE DANCING w/ GLORIA</b>  Birthday celebrations Jeanie <b>CARDS, GAMES &amp; PUZZLES</b></p>
18	20	21
<p>9:30 <b>Cardio Drumming</b> 10:00 <b>Gentle Exercise</b> <b>CARDS, GAMES &amp; PUZZLES</b> 1:30 <b>VEGGIE MOBILE</b></p>	<p>9:30 <b>Gentle Exercise</b>  <b>National String Cheese Day</b>  <b>BINGO/ Pennies</b></p>	<p>9:00 <b>LINE DANCING w/ GLORIA</b> <b>World Alzheimer's Day</b> 12:30 <b>Self defance class in</b> <b>Tecumseh at 1 pm</b> <b>CARDS, GAMES &amp; PUZZLES</b></p>
25	27	28
<p>9:30 <b>Cardio Drumming</b> 10:00 <b>Gentle Exercise</b>  <b>CARDS, GAMES &amp; PUZZLES</b></p>	<p>9:30 <b>Gentle Exercise</b>  12:30 Jon Valenti singing</p>	<p>9:00 <b>LINE DANCING w/ GLORIA</b> <b>National Good Neighbor Day</b> <b>Asking Addison and Tecumseh</b> <b>Senior Centers</b> <b>CARDS, GAMES &amp; PUZZLES</b></p>
		

**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.

