

# Senior

centers, inc

Monday– Friday  
8am to 4pm



We provide community members age 60 and over an outlet for their creative talents, while allowing them to pursue particular interests.

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## Health Fair

June 19, 2019, 9-11am

- ◆ Screenings
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Presented in conjunction with  
Mercy College

# FOSTER GRANDPARENT PROGRAM

## PROGRAM SPOTLIGHT

As you are reading this, the Foster Grandparents have just finished up their school year and started their summer. Some foster grandparents retired from our program this school year, and some have just begun. A few of the teachers we worked with retired, some will have new positions in the same school system, and others have finished their first year with Toledo Public Schools. Most of the students we worked with improved academically and will be moving on to the next grade level for next school year, though some will need more help through the summer or in their present grade level again next year.

All of these changes! It reminds us that things are always changing. We do well when we are able to go with these changes and live in each moment that comes our way. Living in the moment is also known as **mindfulness**. Mindfulness has many benefits for our lives. The following is taken from a Harvard Health article I saw online:

**Mindfulness improves well-being.** Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfied life. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about self-esteem, and are better able to form deep connections with others.



**Mindfulness improves physical health.** If greater well-being isn't enough of an incentive, scientists have discovered that mindfulness techniques help improve physical health in a number of ways. Mindfulness can: help relieve stress, treat heart disease, [lower blood pressure](#), reduce [chronic pain](#), improve sleep, and alleviate gastrointestinal difficulties.

**Mindfulness improves mental health.** In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including: depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, and obsessive-compulsive disorder. **You can find lots of easy mindfulness exercises on line. Just google "quick mindfulness exercises."**

**HAPPY BIRTHDAY** to these foster grandparents celebrating in June!

**Verdie McIntosh**

**Ida Strand**

**Denise Harris**

Here is a quick exercise to help with mindfulness:

### **Mindfully eat a raisin.**

Take a raisin or a piece of chocolate and mindfully eat it. Slow down, sense it, savor it and smile between bites. Purposefully slow down. Use all your senses to see it, touch it, smell it, and sense it.

Then gently pop it into your mouth and really savor it. Savor its texture, its taste, how it feels in your mouth. Let it linger and then swallow it. After you have swallowed it, let your lips turn up slightly and smile. Do the same thing for each raisin you eat or bite of chocolate you take.



## Resources Available

Vicki Goetz, our service coordinator, is available Monday– Friday from noon to 4pm to assist in linking seniors with various programs and services. She can help determine eligibility and assist with paperwork for housing, food stamps, Medicaid and Medicare, commodity boxes, HEAP, TARPS and Homestead Exemptions as well as information on the House Helpers program, home repair and weatherization programs.

Our goal is to provide affordable and dependable services that help seniors remain independent in their homes.

## Crafts and Classes

6/3 The Toledo Lucas County Public Library will be conducting **book readings** 3 times over the next two months. Come join us for this interesting new program!

Starting 6/4: **Tai Chi Summer series** Tuesdays at 10:30 and Thursdays at 12:30 in June and July. Try this gentle exercise that builds up your core and improves balance. Wear lightweight clothes and bring a bottle of water as you will work up a sweat!

6/5 **Craft with Carol**– Carol will show us how to make a mini wooden fence with butterflies.

6/6, 6/13, 6/27– Use up some scraps and make a puffy squares pillow in this **sewing** project.

6/17 **Painting with Sherri** - The first of the summer painting series will feature a patriotic landscape.

6/18 **Cooking Healthy**– project TBA

6/20 **Craft with Tammy** Come make some sugar scrubs to slough off all your dead winter skin and polish up for the summer.

## Speakers

6/4 and 6/18 11:45

OH Extension-Jay Gerken

6/11 11:45

DART program

6/14 11:45 Flag Etiquette

Ken Gilsdorf

6/19 11:45 Fire Safety

## Trips and Special Events

### 6/4 Shopping at Goodwill

Let's check out Goodwill for some great bargains!

### 6/7 Out to Lunch at J'Mae's

Get your fill of some authentic soul food when we return to J'Mae's.

### 6/10 Trip to Toledo Zoo Aquarium

The recently remodeled aquarium is something to behold. It is indoors and air conditioned so no weather worries. Don't forget your ID to get in free on Mondays.

### 6/6, 6/13, 6/20, 6/27 Music in the Park

The summer series of Thursday lunch performances begins. Bring your lunch or eat at one of the many food trucks.

### 6/19 Health Fair with Mercy College

See info on the cover page.

### 6/21 Breakfast Club at Nick's Café

Check out the giant portions at this Toledo breakfast favorite!

### 6/28 African American Dance Party

Get your groove on as we enjoy some great music in celebration of African American Dance Day.

## EXERCISES

**Mondays: 12:15 Walk the Metroparks**

**Tuesdays: 10:30 Tai Chi**

**Wednesdays: Exercise Surprise (times vary)**

**Thursdays: 12:30 Tai Chi**

**Fridays: Beach Volleyball (times vary)**

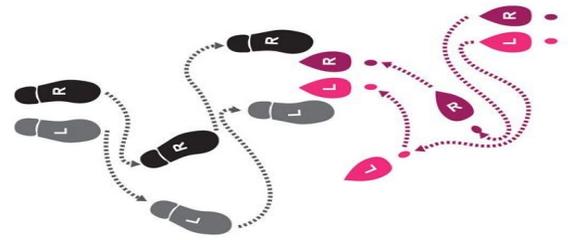
# JUNE ACTIVITY CALENDAR

# 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>3</b></p> <p><b>10:00 Book Club</b> 10:00 Ceramics <b>12:15 Walk in the Park (Wildwood)</b></p>	<p><b>4</b></p> <p>10:30 Tai Chi 11:45 Jay Gerken <b>12:15 Shopping at Goodwill</b></p>	<p><b>5</b></p> <p>10:30 Exercise Surprise <b>12:15 Craft with Carol</b></p>	<p><b>6</b></p> <p><b>10:30 Music in the Park</b> <b>10:30 Sewing</b> 12:30 Tai Chi</p>	<p><b>7</b></p> <p><b>11- Out to Lunch J'Mae's</b> 12:30 Beach Volleyball</p>
<p><b>10</b></p> <p><b>10:30 Aquarium Trip</b> 12:15 Board Games</p>	<p><b>11</b></p> <p>10:30 Active Games <b>11:45 Speaker: DART</b></p>	<p><b>12</b></p> <p>10:30 Therapy Dogs 12:15 Exercise Surprise</p>	<p><b>13</b></p> <p><b>10:30 Music in the Park</b> <b>10:30 Sewing</b> <b>12:30 Tai Chi</b></p>	<p><b>14</b></p> <p>10:30 Beach V'ball <b>11:00 Lemonade</b> <b>11:00 Speaker: Flag Etiquette</b> <b>12:15 Bingo</b></p>
<p><b>17</b></p> <p>10:00 Ceramics <b>10:30 Craft w/ Sherri</b> <b>12:15 Walk in the Park (Sidecut)</b></p>	<p><b>18</b></p> <p><b>10:30 Tai Chi</b> 11:45 Jay Gerken <b>12:15 Healthy Cooking PB Cookies</b></p>	<p><b>19</b></p> <p><b>9:00-11:00 HEALTH FAIR</b> <b>11:45 Speaker: Fire Safety</b></p>	<p><b>20</b></p> <p><b>10:30 Craft with Tammy</b> <b>10:30 Music in the Park</b> <b>12:30 Tai Chi</b></p>	<p><b>21</b></p> <p><b>9:30 Breakfast Club Nick's Cafe</b> 12:30 Beach Volleyball</p>
<p><b>24</b></p> <p>10:30 Dice Grab Bag <b>12:15 Walk in the Park (Swan Creek)</b></p>	<p><b>25</b></p> <p>9:30-11:00- Health Screens &amp; Commodities <b>10:30 Tai Chi</b> 12:15 In house Movie</p>	<p><b>26</b></p> <p>10:30 Therapy Dogs 12:15 Exercise Surprise</p>	<p><b>27</b></p> <p><b>10:30 Music in the Park</b> <b>10:30 Sewing</b> <b>12:30 Tai Chi</b></p>	<p><b>28</b></p> <p>10:30 Beach Volleyball <b>12:15 African American Dance Party</b></p>



## Dance Off the Pounds!



*Dance is a great way to get slim, healthy and happy!*

Dancing combines physical exercise, social interactions and the mental challenge of learning new steps. Moving to music subtracts stress and adds joy. It's not work; it's entertainment as you burn fats and calories like crazy!

**Dance is a total body workout** that has all the benefits of a long run or an elliptical session and then some. In a one hour dance class, you can burn 400 calories. Do that 3 times a week for a year and you could lose 20 pounds in a year without dieting. You also tone nearly every muscle in your body, improve balance and boost brainpower.

You may have seen that some of the *Dancing with the Stars* contestants have lost over 45 pounds on the show, all while having a great time. You can do this too, even with two left feet and achy joints.

**Flatten your stomach –one-two-three-cha-cha-cha!** Latin dances like the cha-cha rev up calorie burn and have added “ab power” to give you a tighter tummy better posture and a slimmer body all at once.

**Blast off fat, boost your metabolism and get super sexy legs!** You'll get that with jazz dancing at home or in a class.

### **Beginner?**

Try the dance that's easier than it looks and burn calories. Joint-friendly tap dance has less impact than running and spurs weight loss!

**Banish back fat, kiss bat wing arms goodbye and sizzle off calories!**

There's an Indian dance called masala bhangra. It uses lots of arm movements so you'll love this dance if you want to tone your arms and back

### **SING IN THE SHOWER**

The shower with its cocoon of privacy and great acoustics brings out the diva in us all. We are wise to take the steamy stage and croon away. Research shows that singing enhances immunity and boosts your mood. So whether your style is a belty Broadway tune or a breathy pop song, sing your heart out and soak in song's health benefits.

-Prevention

# BRAIN EXERCISE

1.



2.

OLD



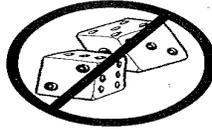
3.



4.

SLAP  
WRIST

5.

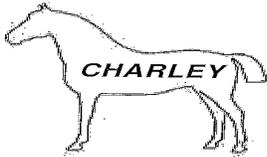


6.



GRIND  
GRIND

7.



8.

ROCKET

9.



10.

GET  
IT

11.

BAR



12.



- Answers
1. Beating around the bush
  2. Old flame
  3. Around the clock
  4. Slap on the wrist
  5. No dice
  6. Axe to grind
  7. Charley horse
  8. Rocketman
  9. Barrel of laughs
  10. Get over it
  11. Barfly
  12. Bucket list