DESCRIPTION OF ACTIVITIES

**ART:** (Presented by Picasso Parties) We provide the canvas/art materials and paints! All you have to do is unleash your inner Picasso! Projects vary, but Darcy will show you how to recreate a painting step by step, or will offer guidance on your own vision. No previous art experience necessary!

**ASK THE NURSE:** From 10 to 11 a.m. the second Wednesday of each month, a registered nurse from the VNA will be at the Senior Center to check your blood pressure, heart rate, weight and to work with you to set goal. The RN can also review your medications, help you create a medication list, and discuss how you can prepare for a medical appointment. THERE IS NO CHARGE FOR THIS SERVICE.

**BALLOON VOLLEYBALL:** (Presented by the YMCA) Try to keep the balloon in the air while sitting in chairs! This is a great activity for improving balance, reflexes, strength … and you even get a little bit of cardio in. … Plus, it’s fun!

**BINGO:** During each session, 8 games are played. Games vary. Cost is $4 for an 8-pack of paper cards. Each card has 3 squares, giving you three chances to win each game. Daubers are also available for $1 each.

**BOOK CLUB:** “A story is always better if you have someone to share it with,” so let’s do just that! Join us at 1 p.m. the last Thursday of the month as we share our thoughts and favorite reads with fellow bookworms over snacks and tea. Open to lovers of all genres. Members choose the books.

**CARDS & GAMES:** Pinochle, Skip-Bo, Mahjong, Dominoes, Bridge and any other games you literally want to bring to the table!
CREATE A HEALTHIER RELATIONSHIP WITH FOOD: (Presented by the YMCA) This workshop explores how your thoughts about food are impacting your health. Learn how to reframe the mindset around food and explore the role that food plays in overall well-being. (Topics include: Whole Foods, Eat Your Greens, Healthy Snacks, Favorite Foods, Fun Recipes, Craving & Healthy Choices, Happy Living Tips, Sugar).

CREATING SELF-CARE PRACTICES THAT WORK FOR YOU: (Presented by the YMCA): This class will discuss the value of self-care by introducing a variety of ideas through interactive activities and to motivate participants to add self-care into their routines. Focus areas include healthy habits, journaling, and the value of creative pursuits.

FRIENDSHIP CIRCLE: Join us as we meet in a small group to discuss the changes, events and stages of aging and how they affect our daily lives.

GARDEN CLUB: Come and get your hands and feet dirty helping to beautify the ground of the Senior Center. Come share your secrets of how to grow vegetables, flowers and the like. Gardening gives you a sense of accomplishment and sharing.

HAPPY HOOKERS: Come knit, crochet and do patchwork with us. Share patterns and skills.

HEALTHY SNACKING: (Presented by the YMCA) You need to refuel more often than at breakfast, lunch and dinner. However, many don’t know the difference between healthful and unhealthful snacks. This class will show you how to choose snacks wisely so you can get the energy and nutrients you need with all the great taste. (This class includes food tasting as well)

LUNCH: (Catered by LifeBridge Community Services) A nutritiously-balanced, hot meal is served Monday through Friday for a suggested donation of $3. All lunch reservations need to be scheduled by 11 a.m. the day before (on Friday for Monday lunch). Lunches vary and include quiche, BBQ pork, chicken, fish sticks, hamburgers and pasta dishes. Along with a drink, snack and vegetable sides.
MEDITATE 101: (Presented by the YMCA) Our brains are tired, and we really need opportunities where we can take time out each day "unplugged" to relax and focus. Meditation offers this break and helps us manage stress. This workshop covers facts, resources, and information on why meditation can be of benefit to us in a fast-paced world while also discussing several easy methods to begin your meditation journey.

ONE-ON-ONE NUTRITIONAL COACHING: (Presented by the YMCA) Christina Murphy, integrative nutritional health coach, will work with you to help achieve your health goals with personalized care. Murphy will help you work through lifestyle and behavior modifications, and mentor, inspire, guide, and motivate to cultivate positive health choices!

SHOPPING: Weekly grocery shopping trips. One-hour to shop. We alternate between ShopRite and Stop & Shop.

SPECIAL & THEMED EVENTS: The Senior Center also offers a variety of one-time special programs, including cupcake decorating or a trip to the Shoreline YMCA, as well as a monthly Movie Matinee, which features snacks, popcorn and a movie showing. Holidays and special events are also marked with themed parties and picnics.

WII BOWLING/SPORT: Have fun “bowling” on the Wii. It helps improve balance and coordination … and it’s fun! We also have a fun tournament at the end of the “season”.

DESCRIPTION OF EXERCISE PROGRAMS

ACTIVE OLDER ADULT FIT: (Presented by the YMCA) Light aerobics set to music, Exercises use light handheld weights, balls and resistance bands, and are designed to increase muscular strength, improve balance and your range of motion to help with daily activities. All exercises can be done in a chair.

A.M. ARMS: This is an intro-level class that everyone can participate in. We will use light weights to strengthen and tone the arms, shoulders, upper back and chest. This will also help you gain and use your full range of motion in these areas.
**BETTER BALANCE:** Introduction-level class that anyone can participate in. The primary focus is on balance and flexibility through the use of your own body weight and a chair.

**TAI CHI:** Low-impact movements to improve balance, stability and flexibility in older people. Reduce pain, arthritis, back problems. Benefit the body and mind functions. Chairs provided.

**TAKING SHAPE:** Exercise your mind and body through low-impact stretching and dancing inspired by Pilates, ballet and belly-dancing.

**WALK:** Take a mid-day, slow-paced lap around the block or two with friends. Walking improves and strengthens the heart, immune system and helps boost energy, mood and concentration.