



## DESCRIPTION OF ACTIVITIES

**ART:** (Presented by Picasso Parties) We provide canvas/art materials and paints! All you must do is unleash your inner Picasso! Projects vary, but Darcee 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 1pm to 2pm. On the second Thursday of each month, a registered nurse from the ESDH will be at the Senior Center to check your blood pressure, heart rate, weight and to work with you to set goals. 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.**

**BINGO:** During each session, 8 games are played. Games vary. The 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.

**CARDS & GAMES:** Pinochle, Skip-Bo, Mahjong, Dominoes, Bridge and any other games you literally want to bring to the table!

**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.

**CARDIO DRUMMING:** Presented by the YMCA: 1 hour routine switches from drumming on a yoga ball with drum sticks to marching in place to doing arm jacks.



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**BETTER BALANCE:** This is an intro level exercise class that anyone can participate in. The primary focus is balance and flexibility exercises using bodyweight and a chair. The goal of this class is to move at your own pace while also challenging yourself to make small improvements with every class attended.

**STRETCH & STABILITY:** Change and stability are interpreted relative to each other and over given time scales. A system may be stable on a short time scale but change over a long-time scale. For example, over the course of a day, a juvenile fish may not change much, but over the course of a few months, it will grow into an adult.

**CIRCUIT TRAINING:** can help to boost metabolism in seniors, control their weight, improve muscular strength and endurance. With regular circuit training, seniors find that they can walk further, faster and may even improve their balance to reduce the risk of falls over time. With regular circuit training, seniors find that they can walk further, faster and may even improve their balance to reduce the risk of falls over time. These fitness programs can also help alleviate bodily pains, muscle aches and joint stiffness by strengthening surrounding muscle tissue.

**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.



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**WALK:** Let's get healthy together, come walk with us. Take a midday, slow-paced lap around the block or two with friends. Walking improves and strengthens the heart and immune system and helps boost energy, mood, and concentration. Walking improves and strengthens the heart, immune system, boost energy, mood, and concentration.

**TAI CHI:** Low impact movement to improve balance, stability, and flexibility in older people. Reduces pain, arthritis, back problems. Benefits the body and mind functions. Chairs provided.

**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.

**MOVEMENT TO MUSIC FITNESS:** Exercise to music that will make you sweat while dancing. The body achieves what the mind believes." "Once you are exercising regularly, the hardest thing is to stop it."

**SHOPPING:** **Thursday's** grocery shopping trip. One-hour to shop. We alternate between Big Y (No.Branford), Aldis (Branford) and Walmart (Branford). **Friday's** grocery shopping trips. One-hour to shop. We alternate between ShopRite and Stop & Shop.



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**WII BOWLING:** Come enjoy yourself and have fun with your friends playing the Wii. It helps improve balance, coordination, and strengthen socialization.

**LIFE BRIDGE NUTRITION:** Nutrition is about eating a healthy and balanced diet. Food and drink provide the energy and nutrients you need to be healthy. Understanding these nutrition terms may make it easier for you to make better food choices.

**COMPUTER 101:** Basic computer knowledge is about how computers work and how to use them. This may include typing, learning keyboard commands, powering a computer on and off, knowing how to connect and disconnect the Internet to a computer.

- How to use Microsoft Windows
- Browse the Web
- Sign up for an Email.
- How to compose an email message