

COMMUNITY & SENIOR CENTER

“It’s Never Too Late To Start”

The notion that exercises is good for you have been around for quite a while, but until recently seniors have been left out of the picture. Today, new information is emerging from research: people of all ages and physical conditions benefit from exercise and physical activity. Staying physically active and exercising regularly can help prevent or delay many diseases and disabilities, including [dementia](#).

The [National Institutes of Health](#) (NIH) report that even moderate exercise and physical activity can improve the health of seniors who are frail, or who have diseases that accompany aging. Don’t Be Afraid to Exercise. Exercise and physical activity are among the healthiest things you can do for yourself.

An inactive lifestyle can cause older adults to lose ground in four areas that are important for staying healthy and independent: **strength, balance, flexibility, and endurance**. It’s Never Too Late to Start Exercising. Even if you have had an inactive lifestyle, there is good news. It’s never too late to improve your health.

Research suggests that exercise and physical activity can help you maintain or partly restore your [strength, balance, flexibility, and endurance](#). Growing older doesn’t mean you have to lose strength or your ability to do everyday tasks. Exercise can help older adults feel better and enjoy life more, even those who think they’re too old or too out of shape. No matter what age you are, it’s not too late to improve your strength, balance, flexibility and endurance.

If you have been a couch potato but would like to improve your health, here are several basic senior exercises the Mesquite Leisure Services Department’s Lifelong Exercise Program offers to get you started:

These classes include: Beginning Strength & Cardio, Intermediate – Advanced Strength and Cardio, Chair Exercise (Senior Center), Gentle Yoga, Zumba (exercise to music), Tai-Chi, Line Dancing, Aqua Exercise & Gentle Water Aerobics (low/moderate) and Water Aerobics (moderate/intermediate).

Doing activity that requires moderate effort is safe for most people. But if you have a chronic health condition such as heart disease, arthritis, diabetes, or other symptoms be sure to talk with your doctor about the types and amounts of physical activity that are right for you.



Senior Citizen Appreciation Day

On Saturday, January 28, the Helping Hands Caregivers is hosting their First Annual Senior Citizen Appreciation Breakfast from 9 a.m. to Noon at the City of Mesquite Community and Senior Center.

The welcome back snowbird pancake breakfast is open to all residents 55 years of age and older.

The purpose of the breakfast is to thank local senior citizens for all they have done and continue to do for our community. “Our Seniors are the pillars of our community and I can’t thank them enough for their endless support and dedication, said Kristi Anderson, Founder and Owner of “Helping Hands Caregivers”.

The event includes a complementary pancake breakfast.

For more information about this event, contact Kristi Anderson at 702-346-0600 or email her at: mesquitecare@aol.com



**JANUARY
2012**

MENU

Lunch Served from 11 a.m. to 12:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Senior Center CLOSED For New Years</p>	<p>3</p> <p>Pizza, Green Salad, Beets, Spiced Applesauce</p>	<p>4</p> <p>Chicken Fried Steak, Mashed Potatoes w/Gravy, Yams, Chocolate Chip Cookie</p>	<p>5</p> <p>Grilled Ham & Cheese Sandwich, Winter Salad, Texas Sheet Cake</p>	<p>6</p> <p>Macaroni and Tomato Casserole, Peas, Garlic Bread, Peaches</p>
<p>9</p> <p>Fish, Tator Tots, Mixed Vegetables, Sugar Cookie</p>	<p>10</p> <p>Hot Turkey Sandwich, Mashed Potatoes w/Gravy, Mixed Vegetables, Fresh Fruit</p>	<p>11</p> <p>Navajo Taco Salad, Rice, Beans, Homemade Salsa, Chocolate Pudding</p>	<p>12</p> <p>Ham & Bean Soup, Spinach Salad, Corn Bread, Apple Crisp</p>	<p>13</p> <p>Pot Roast, Red Potatoes, Green Beans, Pears</p>
<p>16</p> <p>Senior Center CLOSED MLK Jr. Day</p>	<p>17</p> <p>Chili Verde, With a Tortilla, Rice, Beans, Apple Slices</p>	<p>18</p> <p>Swiss Steak, Mashed Potato w/gravy, Mixed Vegetables Home Made Roll, Fruit</p>	<p>19</p> <p>Tuna Casserole, Broccoli, Corn Bread, Cinnamon Roll</p>	<p>20</p> <p>Open Faced Hot Roast Beef Sandwich, Mashed Potato w/gravy, Carrots, Applesauce</p>
<p>23</p> <p>Chicken Alfredo, Penne Pasta, Mixed Vegetables, Bread Sticks, Fruit</p>	<p>24</p> <p>Philly Steak Sandwich, Three Bean Salad, Cherrie Blossom</p>	<p>25</p> <p>Homemade Chicken Noodle Soup, Homemade Roll, Salad w/ Beets, Peaches</p>	<p>26</p> <p>Meatloaf, Mashed Potatoes w/Gravy, Broccoli, Fruit Cup</p>	<p>27</p> <p>Liver and Onions, Scalloped Potatoes, Mixed Vegetables, Apricot</p>
<p>30</p> <p>Honey Stung Chicken, Red Herbed Potatoes, Baked Beans, Fruit Cocktail</p>	<p>31</p> <p>Beef Stroganoff, w/noodles, Green Beans, Corn Bread, Winter Surprise</p>			

Nutrition Program

"Lunch is served from 11:00 am to 12:30 pm"

- Monday through Friday (except holidays)
- Menu is subject to change.
- A \$2.50 donation is suggested for 60 years and older.
- \$4.00 fee for 59 and under. To inquire about Homebound delivery call 346-5290.

Food Allergy Notice

Food items may contain these or other allergy causing ingredients:

Nuts, Milk, Eggs, Wheat, Soybeans, Peanuts, Fish, and Shellfish.

Quilt Group

Meets the first 3 Wednesday's each month.
First Wednesday-12:30-3:30 p.m.

"Sew and Tell"

Second Wednesday-10 am to ?

"Quilting for others"

Third Wednesday-10-3:30 p.m.
"Work on your projects"

SENIOR PROGRAMS/TRIPS

PROGRAMS

<p>Mesquite High Roller Club Meetings: First Tuesday of Month Time: 7 p.m.</p> <p>Do you like to ride motorcycles, if so, check out the Mesquite High Rollers Motorcycle Club. For more information contact: George at 346-3440 or email: gfean@hotmail.com</p>	<p>Senior Law Services The 2nd Wednesday of Month Time: 11:30 to 12:30</p> <p>Must make appointment. Please contact the Senior Center receptionist at 346-5290.</p>	<p>Crafts Schedule (Time: 1 p.m.) <u>January 10</u> Beading I-Beginners Welcome Fishnet Cuff Bracelet- \$6</p> <p><u>January 17</u> Visor/Baseball Cap (bring visor or cap) Make your own unique visor/cap. \$3</p> <p><u>January 24</u> Beading II-Intermediate Level Two-bead square stitch w/quarto bracelet \$7</p> <p><u>Date: January 31</u> CroHook Rib-Knit Stitch (FULL CLASS)</p>  
<p>Norma's Scrapbooking Every Friday Time: 9:00 to 11:30</p> <p>\$10.00 for the basic Materials: Bring photos for 10 pages Sign up required week prior.</p>	<p>Craft Schedule (Time: 1 p.m.) <u>January 3</u> Folded Squares Cord (also known as Teabag Folding) 1 for \$3 or 2 for \$4</p> 	

EXCURSIONS

<p>January 6 Indoor Swap Meet Departure: 9:00 a.m. Return: 3:00 p.m. Location: Las Vegas, NV Fee: \$15.00 (Transportation)</p>	<p>January 11 Bingo at the MGM Grand Departure: 9:00 a.m. Return: 4:30 p.m. Location: Las Vegas, NV Fee: \$15.00 (Transportation)</p>	<p>January 19 Dennis Bonno at the South Pointe Casino Departure: 9:00 a.m. Return: 5:00 p.m. Location: Las Vegas, NV Fee: \$15.00 (Transportation)</p>
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2012 AARP TAX-AIDE

February 14	Tuesday	8am-3pm	March 8	Thursday	8am-3pm
February 15	Wednesday	8am-3pm	March 13	Tuesday	8am-3pm
February 16	Thursday	8am-3pm	March 14	Wednesday	8am-3pm
February 21	Tuesday	8am-3pm	March 15	Thursday	8am-3pm
February 22	Wednesday	8am-3pm	April 3	Tuesday	8am-3pm
February 23	Thursday	8am-3pm	April 4	Wednesday	8am-3pm
March 6	Tuesday	8am-3pm	April 5	Thursday	8am-3pm



CARDS AND TILE GAMES

<p>MONDAY Open Pinochle Time: 8 a.m.-4 p.m.</p>	<p>TUESDAY Mexican Train Time: 12:30-4 p.m. Dominos Mah-Jongg Time: 12-3:30 p.m.</p>	<p>WEDNESDAY Open Pinochle Time: 8 a.m.-4 p.m.</p>	<p>THURSDAY Mah-Jongg Time: 12:30-3:30 p.m. Cribbage Time: 12:30-3:30 p.m. Mexican Train Time: 12:30-4 p.m.</p>	<p>FRIDAY Pinochle Time: 8 a.m.-3:30 p.m. Canasta & Mah-Jongg Time: 12:30-3:30 p.m.</p>
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City of Mesquite Lifelong Exercise Program

2012 Winter/Spring SCHEDULE

January 3 thru March 30, 2012

Senior classes held daily from 8-11:45 a.m. (Free to pass-holders/\$5 per class for non-pass holders/ Fee per session)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-8:45 Beginning Strength/ Core Conditioning (Griseyda) Intermediate/Adv. Strength/Core Conditioning (Nichole)	8-8:45 Beg. Cardio & More (Griseyda) Intermediate/ Advanced Cardio & More (Nichole)	8-8:45 Beginning Strength/ Core Conditioning (Griseyda) Intermediate/Adv. Strength/Core Conditioning (Nichole)	8-8:45 Beg. Cardio & More (Griseyda) Intermediate/ Advanced Cardio & More (Nichole)	8-8:45 Beginning Strength/ Core Conditioning (Griseyda) Intermediate/Adv. Strength/Core Conditioning (Nichole)
9-9:45 Water Aerobics (Maxine) Tai-Chi (Nichole) Line Dance-I (Rebecca-Dance Room)	9-9:45 Gentle Aqua (Maxine) ZUMBA (Nichole/Griseyda)	9-9:45 Water Aerobics (Maxine) Tai-Chi (Nichole) Line Dance-I (Rebecca-Dance Room)	9-9:45 Gentle Aqua (Maxine) ZUMBA (Nichole/Griseyda)	9-9:45 Water Aerobics (Maxine)
10-10:45 Line Dance-II (Rebecca-West Gym) 10:30-11:15 Chair Exercise (Jo Anne/Senior Center)	10-10:45 Yoga (Mandy Muir) 10:30-11:15 Chair Exercise (Griseyda/Sr. Center)	10-10:45 Line Dance-II (Rebecca-West Gym) Aqua Aerobics (Shirley) 10:30-11:15 Chair Exercise (Jo Anne/Senior Center)	10-10:45 Yoga (Mandy Muir) Aqua Aerobics (Shirley) 10:30-11:15 Chair Exercise (Griseyda/Sr. Center)	10-10:45 Aqua Aerobics (Shirley) 10:30-11:15 Chair Exercise (Jo Anne/Senior Center)

Lifelong Exercise Program Membership Fee:

(Classes Only)

		Member	Non-member
Fall/Winter	Session 1	\$40	\$60
Winter/Spring	Session 2	\$40	\$60
Spring/Summer	Session 3	\$40	\$60

Lifelong program Membership: good for Lifelong Fitness Only.

Classes held from 8am-11:45am at the Recreation Center.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

Lifelong Exercise Program Schedule:

April 2012: Programs Break

Session 3: May 1-July 27, 2012

NO CLASSES:

“MLK Jr. Day”-Monday, January 16, 2012

“Heart Walk”-Thursday, February 16, 2012

“President’s Day”-Monday, February 20, 2012

SPECIAL EVENT

“Senior Citizen Appreciation Day” Pancake Breakfast
 Saturday, January 28 from 9-Noon (Senior Center)