

March 2018



Rose Hill Senior Center Quarterly Newsletter January—March 2018

Simple Humor...



HATERS GONNA HATE,
I DON'T **CARROT** ALL



I'M A
LITTLE
CHILI



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SNAP-ED w/ LeAnne @ 10	2	3
4	5 Shopping	6 Shopping	7 Bible Study	8 SNAP-ED w/ LeAnne @ 10	9 Breakfast @ Hardee's	10
11	12	13 Thrifting w/ Nal	14 Bible Study	15 SNAP-ED w/ LeAnne @ 10	16	17
18	19	20 Fun Photo Day- bring a pic of yourself when you were young!	21 Bible Study	22 Bible Trivia @ 10	23 Word Games @ 10	24
25	26 Wear your Red Hat Day!	27 Cooking Class @ 10	28 Bible Study	29 Senior Appreciation Day in Andalusia- LUAU Theme! 8:30-2:30	30 Center Closed	31

The Healthiest Habits for Seniors

Not sure what lifestyle changes you should be thinking about to take charge of your health in the new year? Here are a few of the healthiest habits for seniors as recommended by aging experts and medical professionals:

Getting Enough Sleep-Getting enough sleep is critically important for seniors. Seniors who don't get enough sleep can raise their risk for health problems. Sleep deprivation in seniors can also cause irritability, brain fog, depression and may cause weight gain. Going to bed at the same time each night will help seniors who suffer from insomnia. A warm shower or bath just before bed can also help combat insomnia and sleeplessness. Avoid watching TV or using a computer before bed because the light from the TV or computer can actually make insomnia worse. Reading a book before bed is a good way to relax and wind down at the end of the day, or try listening to an audiobook.

Keep to a Schedule-Keeping a regular schedule helps keeps seniors grounded and give them a sense of purpose. Getting up at the same time each day and going to bed at the same time each night will help seniors because many find that they are more alert and feel better physically early in the day. So early morning is a great time to exercise and do other physical tasks like cleaning the house. Seniors who struggle to get up in the morning will find it easier by setting an alarm clock.

Exercise Daily-Exercise is one of the most important lifestyle habits that seniors should have. Regular exercise will help seniors maintain a healthy weight or even lose weight. It also helps tone muscles and keeps bones strong. It will also help seniors stay mobile for longer. Exercise does not have to be rigorous to be helpful. Just a simple 20 or 30 minute walk each day or going to a senior swim class 2 or 3 times a week can make a huge difference in health.

Make Crafts or Art-Arts and crafts are extremely beneficial for seniors and they should pursue whatever art or craft they like or try something new. Making art and doing crafts has been proven to help seniors fight depression and anxiety. Arts and crafts also help seniors maintain hand and eye coordination, reasoning, spatial relationships and other important functions. Many seniors find making art and crafts to be relaxing as well.

Socialize Regularly-It's easy for seniors that are living independently to slowly stop going out to socialize. Maybe they have trouble driving or maybe they are feeling depressed and don't want to go out. A senior who has lost a spouse may have trouble making new friends or finding activities that will get them out of the house. But getting regular social interaction is essential for mental health. There are many ways that seniors can interact with others outside the house; social gatherings, travel groups, exercise classes and even just getting coffee or a meal with an old friend can all help seniors stay connected to the world.

Cook Healthy Meals-This is a habit many seniors could benefit from. All too often seniors don't cook or eat healthy meals. Maybe they don't want to go through the hassle of cooking for just themselves or have trouble grocery shopping, but not eating healthy can cause major health problems for seniors. Having a caregiver or friend to cook with and/or for can help seniors get into healthier eating and cooking habits.

Play Brain Games-Brain training games like puzzles and brain teasers are a fantastic way for seniors to keep their brain strong as they age. Working on puzzles and brain training games will help seniors retain their cognitive skills and fight depression.

Keep a Journal-Writing can be great therapy! Keeping a journal is a fantastic way for seniors to keep a record of their health as they get older. It's also a good way for seniors to record old family stories, their favorite memories and other things they don't want to forget.

Create new habits or make simple changes to take care of yourself... **Start 2018 off RIGHT!**

Reminder About Calendar Events: *ALWAYS* check the board and sign-in table for events that we may add after our newsletter is published OR for any changes in events that have been scheduled!

401 S. Appletree Street
Dothan, AL 36301
334-615-3740
www.dothan.org

Open M-F 8:00 – 4:00 p.m.

Rose Hill is a recreational facility for seniors ages 50+ with a nutrition program for seniors 60+

Activities include:

- Arts & Crafts Room
- Book Club
- Computer Classes
- Cooking Classes
- Exercise Classes
- Exercise Equipment
- Game Room
- Indoor Shuffleboard Table
- Karaoke
- Library
- Nintendo Wii
- Outdoor Shuffleboard Court
- Pool Tables
- Quilting /Sewing Room
- Ping Pong Table
- Woodworking Shop
- Seasonal Programs

Monthly Event Times

Shopping..... 9:30 a.m.
Wii..... 9:30 a.m.
Bingo 10:00 a.m.
Most Programs 10:00 a.m.
Bible Study..... 10:00 a.m.
Bowling..... 1:30 p.m.
@ Patricia Lanes 2208 RCC SW

January 2018



January is National Soup Month!



Keep warm this winter with an easy soup recipe...

8 Can Chicken Taco Soup

- 1 (15 oz) can pinto beans, rinsed & drained
- 1 (15 oz) can black beans, rinsed & drained
- 1 (15 oz) can whole kernel sweet corn, drained
- 1 (14.5 oz) can diced tomatoes
- 1 (12.5 oz) can chicken breast, drained & shredded
- 1 (10 oz) can green enchilada sauce
- 1 (4 oz) can diced green chiles
- 1 (14 oz) can low-sodium chicken broth
- 1 packet taco seasoning
- 1/2 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

Add pintos, black beans, corn, tomatoes, chicken, enchilada sauce, green chiles & broth to large stock pot set on med-high. Add taco seasoning, chili, garlic and onion powders. Taste and adjust seasoning if needed. Bring mixture to a boil, then reduce to low and let simmer for 20-30 minutes. Serve hot, garnished with shredded cheese, sour cream and/or tortilla chips.



In the end, we will remember not the words of our enemies, but the silence of our friends.

-Martin Luther King Jr

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Center Closed	2	3 Bible Study	4 Line Dancing @ 10am	5 Breakfast at Shoney's Drum Circle	6
7	8 Shopping	9 Thrifting w/ Nal	10 Bible Study Shopping	11 Line Dancing @ 10am	12 MLK Program	13
14	15 Center Closed	16 BINGO w/ Jacie -Comfort Keepers @ 10	17 Bible Study	18 Line Dancing @ 10am SNAP-ED w/ LeAnne @ 10 Fun Night @ McLin's	19 Guitar Class	20
21	22	23 Dance Off "The Twist"	24 Bible Study	25 Line Dancing @ 10am SNAP-ED w/ LeAnne @ 10	26 Movie Day at 9:30	27
28	29	30 Cooking Class @ 10am	31 Bible Study			

February 2018



DID YOU KNOW?

Black History Facts

Thurgood Marshall was the first African American ever appointed to the United States Supreme Court. He was appointed by President Lyndon B. Johnson, and served on the Supreme Court from 1967 to 1991.

Dr. George Franklin Grant gained notoriety as Harvard University's first Black professor, and one of the early Black dentists of his era. In 1899, Dr. Grant received his patent for what is generally recognized as the modern golf tee.

Most likely you're aware of **Nat King Cole** and his unparalleled voice. But did you also know that he was the first African American to reach #1 on the Billboard charts? And was the first African American to host his own television show.

Valentine's Day Facts

XOXO-Many believe the X symbol became synonymous with the kiss in medieval times. People who couldn't write their names signed in front of a witness with an X. The X was then kissed to show their sincerity.

In the Middle Ages, young men & women drew names to see who would be their Valentine. Then would wear the name pinned on their sleeve for one week for all to see, hence the origin of the expression "to wear your hear on your sleeve."



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				1 Line Dancing @ 10am SNAP-ED w/ LeAnne @ 10	2 Drum Circle	3
4	5 Shopping	6 Shopping	7 Bible Study	8 SNAP-ED w/ LeAnne @ 10 Newcomer's Valentine's Day program	9 Breakfast @ Bojangles 7:30	10
11	12	13 Thrifting w/ Nal	14 Bible Study	15 Line Dancing @ 10am SNAP-ED w/ LeAnne @ 10	16 Guitar Class	17
18	19 Center Closed	20	21 Bible Study	22 Line Dancing @ 10am SNAP-ED w/ LeAnne @ 10	23 Movie Day at 9:30	24
25	26	27 Cooking Class @ 10am	28 Bible Study			