



Senior Talk & Tell

Activities Calendar

**6 Foot Clinic by appt,
541-524-7688**
17 St Patrick's Day

Mealsite
**19 Committee 11am
Advisory Council @
1pm**

Weekly Activities

Monday

Stretch & Flex, 9am
Tai Ji for balance 10a
Bridge 9:30—11:30
Dupl.Bridge, 12:30pm
Line Dancing, 1 pm

Tuesday

Blood Pressure
Checks, 11-12
Bingo, 1pm

Wednesday

Music/Dancing, 11a
Line Dancing, 1pm
California Rummy 1pm
Hand & Foot 1pm/2:30pm

Thursday

Stretch & Flex, 9am
Jackpot Bingo, 1:00

Friday

Party Bridge, 1pm
Line Dancing 1pm
Cribbage 1pm
Pinochle Nite 6:30pm

Your Guide to Avoiding Winter Illness

Over the course of one year, one million Americans will suffer from the common cold, according to the Center for Disease Control and Prevention (CDC). The CDC also reports that winter is peak cold season. This should come as no surprise when you think about how many people you see sneezing and coughing during the colder months. Fortunately, you can keep the illness at bay and stay healthy with a little effort. Here's how:

- Avoid close contact with people who are sick and stay away from others when you feel under the weather.
- Wash your hands often using soap and warm water to protect against germs
- Get plenty of sleep, stay physically active and drink plenty of water to keep your immune system strong.
- Manage your stress and eat a nutritious diet rich in healthy grains, fruits, vegetables and fiber.
- Don't touch your eyes, nose or mouth if your hands aren't clean.

Entrée Sponsors

We are still looking for meal sponsors for 2019. Have the forms in office.

AARP Smart Driving Class

April 11th 9am—4pm

Senior \$15.00...Non Sr \$20.00

St. Patrick's Story

St. Patrick is the patron saint of Ireland . He was a Christian missionary given credit with converting Ireland to Christianity in the 400's AD. St. Patrick was not actually Irish, it is believed he was born around 375AD in Scotland and grew up in Britain. His real name is believed to be Maewyn Succat and he took on the name Patrick upon becoming a priest. As a teen he was kidnapped by pirates and sold into slavery in Ireland to herd and tend sheep. During his six-year captivity, he turned to God in prayer. He escaped after having a dream sent from God telling him to leave Ireland by going to the coast where he would find a ship waiting to sail to Britain. After becoming a priest and later a bishop, Patrick was sent another dream in which the people of Ireland were calling out to him to come and walk among them once more. He travelled throughout Ireland, preaching the Gospel and converting many. It is believed he died on March 17, 460AD

Early Symptoms of Dementia

- * Word-finding difficulty - May be able to compensate by using synonyms or defining the word
- * Forgetting names, appointments, or whether or not the person has done something; losing things
- * Difficulty performing familiar tasks - Driving, cooking a meal, household chores, managing personal finances
- * Personality changes (for example, sociable person becomes withdrawn or a quiet person is coarse and silly)
- * Uncharacteristic behavior
- * Mood swings, often with brief periods of anger or rage
- * Poor judgment
- * Behavior disorders - Paranoia and suspiciousness
- * Decline in level of functioning but able to follow established routines at home
- * Confusion, disorientation in unfamiliar surroundings - May wander, trying to return to familiar surroundings