

Park ElderCenter News

For all Programs and Activities: Register at the front desk or call 612-339-7581

On-Going Activities

June/July/Aug 2013

Bible Study

Every other Tuesday 10:00am-11:00 pm

Enhance your knowledge of the Bible.

June 11, 25 July 9, 23 Aug 6, 20

Black Genealogy

Every third Monday 12:30 pm – 2:30 pm

June 17, July 15, Aug 19

Join us as we learn and share our techniques for researching family history.

Beginners are always welcome and sessions are open to everyone.

Computer Lab/Instruction

Every Monday-Friday 9:30 am – 3:00 pm

The Computer room is open daily. For computer Classroom instruction, please contact Yvette McCluskey at 612-339-7581.

Computer Class

Monday-Thursday 11:00 am -12:00 pm

And 1:00 pm – 2:00 pm

The instructor uses the Generations online program that was designed especially for seniors. The program was developed to help seniors who have little or no experience with computers. It teaches the skills needed for basic computer use as well as how to search for information on the computer and use email.

Coffee Talk

Every Wednesday of the month at 10:30 am – 11:30 am

Come and share your life experiences, current events with all of us over a good cup of Joe.

Floral Design by Brenda O'Neil

Every Monday 10:00 am – 11:00 am

Come and enjoy learning how to create your own beautiful designs. Watch Brenda demonstrate easy to make arrangements from natural, dried and silk materials.

Pool Players

Monday through Friday 12:00 pm – 3:00 pm

Come and enjoy a game of pool in our well equipped room.

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Bingo!!!!

First Thursday, 1:00 pm

June 6, July 4, Aug 1,

There are several reasons why bingo is fun to play, but one of the most prominent ones is because bingo is a social game. We'd love to see you there. Win prizes and make new friends!!!

Stitch in Time – Quilting Circle

Every Thursday 9:00 am – 12:00 pm

Join the quilting and needlecraft group. These talented ladies, work together to create beautiful needle work projects, They also do knitting and other needle work arts. New people are welcome.

Senior Law Advice-By Appointment Only

Second Tuesday, 12:00 pm – 2:00 pm

June 11, July 9, Aug 13

An attorney from the Senior Law Project will be available for intake appointments. The attorney will provide advice and referrals on a broad range of legal topics. However, due to limited resources, it will only represent seniors whose legal problems are affecting a basic, critical need such as housing, medical care and denial of public benefits.

HEALTH AND WELLNESS SERVICES

AA/Chemical Support Group

Fridays, 10:00 am – 11:00 am

For more information, call Otto at 612-331-1415

Breakfast Club

Every Thursday 10:00 am – 11:00 am

Join the Breakfast Club for a delicious breakfast. The food is good and the company is even better and both are guaranteed to start your day off in great spirits.

Blood Pressure

Every 2nd Wednesday, 11:00 am – 12:00 pm

June 12, July 10, Aug 14

Provided by Benedictine Health Center of Minneapolis.

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Food Distribution Program

Every other Tuesday at 10:30 am

June 4, 18 July 2, 16 Aug 13, 27

Canned goods and fresh produce provided by Greater Lake Country Food Bank.

Produce Distribution

First and Third Wednesday at 9:30 am

June 5, 19 July 3, 17 Aug 7, 21

Exercise with Yvette

Monday and Wednesday at 1:30 pm – 2:30 pm

Tuesday and Thursday at 9:00 am – 10:00 am

Senior Exercise-Strength and range of motion exercises 50 plus. Enjoy exercising to music while doing light aerobics, strength training and stretching.

NAPS Program

Second Thursday of every month 9:00 am – 2:00 pm

June 13, July 11, Aug 8

NAPS (Nutrition Assistance Program for seniors) is a free commodity supplemental food program for people 60 years and older who are income eligible. To enroll you must call **1-800-365-0270 or 651-484-8241**.

MHP Community Health and Wellness Resource

Last Wednesday of the Month at 9:00 am – 12:00 pm

June 26, July 31, Aug 28

MHP staff will be available to provide information and answers questions related to your MHP health coverage. Blood pressure checks available.

Nutrition

Come to the center and enjoy a nutritious and delicious lunch. Halal meals are served every Monday and Tuesday. Menus are available the first day of each month in the dining room. Please call 612-339-8629 at least three business days in advance to reserve your meal. Suggested donation for diners 60 years old and older is \$3.50. Diners under 60 years old will be charged \$6.50.

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Senior Mental Health Services

This program helps adults 55 and older to navigate life's challenges through age specific mental health counseling. Services are available by appointment at Park Elder Center and are covered by Medicare, Medical Assistance, and most major health insurance plans. Our goal is to improve an individual's ability to manage stressors and to strengthen their ability to live life to the fullest. For more information, please call 763-225-4054 or check us out at www.smhvoamn.org.

Healthy Eating

Small changes can lead to big results:

The Skinny on Fats

Did you know fats are an essential nutrient and should be included in a heart-smart diet? Just be mindful of the type of fat you're eating and be sure to balance the calories you're eating with the calories that you're burning. This will help you maintain or achieve a weight that's healthy for you. When choosing which fats to eat as part of a heart-smart diet choose monounsaturated and polyunsaturated fats found in:

1. *Nuts (walnuts, almonds, cashews, nut butters).*
2. *Seeds (sunflower, pumpkins, sesame).*
3. *Fatty fish (salmon, tuna, sardines).*
4. *Heart-smart vegetable oils (olive, canola, soybean, safflower).*
5. *Avocados*

When choosing fats, limit saturated fat (found in fatty meats, butter and high fat dairy) and trans-fatty acids (found in some fast food, bakery and processed foods) which can raise LDL (lousy) blood cholesterol and increase your risk of heart disease. Fat daily limit 25-35% total calories.

Saturated fat - less than 7% total calories
Trans fat - less than 1% total calories
Cholesterol- less than 300mg for most people
less than 200mg if you have heart disease or your LDL level is 100mg or greater

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Special Events

It's Movie Time!!!!

June 3, 2013, Monday, 12:00 pm – 2:30 pm

Join us at Park ElderCenter and enjoy a good movie and refreshments.

Dance to the Music - DJ

June 7, 2013, Friday 11:00 am – 1:00 pm

Come and dance to the music and you are guaranteed to have a good time!

Father' Day Celebration and Luncheon

June 14, 2013, Friday 11:00 am – 1:00 pm

Come and join us at Park ElderCenter to celebrate our Father's Day program.

Members "only" Special Event

July 2013

More information COMING SOON!