



SENIOR CENTER newsletter



2021

The Salvation Army CiVIC Senior Center effective June 1, all who have been fully vaccinated for Covid-19 can cease wearing masks. We strive to operate in grace and with respect for one another as it pertains to anyone entering our facility. As per our Policy, we will not ask for proof of vaccination. We trust that those who are unvaccinated will act with personal responsibility and continue wearing masks for the safety of themselves and those around them. We continue to remind everyone if you have symptoms of COVID-19 and/or have tested positive to COVID-19, whether fully vaccinated or not to please stay home and get medical assistance.



****Program Activities**

We invite Seniors 55+ to come and enjoy the activities at our Senior Center. Please see the calendar for all scheduled activities. You have the opportunity not only to participate but also have fellowship with other Seniors. Please note that some activities registration is required.

**** Women's Gathering**

Come and join us we discuss Women of the Bible and how we are not any different from them.

****Chair Yoga**

This is an exercise that will help you relax and provides movement to bring increase circulation and exercise into your daily routine. It provides many other benefits such as stiffness relief, pain, and muscle relaxation.

**** Drumming Exercises**

This is a very energetic and fun exercise for Seniors. It gets the upper body moving and stimulate the heart while enjoying the drumming to music sitting in a chair or for some may be done standing up. Music is used to enjoy and to bring some stimulation through rhythm. This exercise provides many benefits such as: reduces tension and depression, increases energy, control chronic pain and improvement in joint mobility.

**** Thanksgiving Luncheon**

We will be sharing a wonderful time of fellowship of fun and laughter. What are you thankful for? **Registration required.**

Regular Activities at the Center

- Line Dancing
- Chair Yoga
- Chair Zumba
- Chair Volleyball
- Drumming
- Hand Bells
- We Gather Together (Women's Group)

Must sign-up for following activities

- Lunch (members only)
- Bingo - Snacks/Drinks
- Craft
- Trips (members only)

News

New things are happening at the Center. The Computer classes will begin November 8th @ 10am. It is a 6-weeks course and registration is required (limited space). Cooking classes to be done in the near future. We accept donations for lunch, snacks, drinks and bingo.

Riddle of the month

When does Christmas come before Thanksgiving?
What kind of key do you use for Thanksgiving?
What smells the best at Thanksgiving dinner?
What side of the turkey has the most feathers?

