



The Senior Times

2010 Club Officers

Carolyn Innis
Jim Harper
Marjorie Hornbach
Gary Roberts

Chair Volleyball

Home Games:

Aug. 13—10:00am
Aug. 17—12:30pm

Baby Pictures

Looking for club member baby pics! The pictures will be returned to you.

Trivia

What gets wetter and wetter the more it dries?

Wii Bowling

Teams now forming! You may have 5 members on your team (4 players with 1 substitute). A player on one team can substitute on another team. We will have 2 practice sessions (**August 25 and September 1 at 10am**) and then the season play will start on Sept. 8th.

The games will be every Wednesday morning. You will be given a schedule for your specific time. At the end of season play, there will be a tournament, complete with trophies! **The entry fee is \$10 per team.**



Trip to Batesville, IN

Friday, August 20th

We will leave the center at 10am and return around 4pm. We will visit Abe Lincoln's Coffin, see some historical artifacts, lunch at Sherman House and then shop at the RomWeber Marketplace. Cost: Lunch and driver tip.

It's Hot! Hot! Hot!

Be sure to check on your friends during the incredibly hot weather.

Weekly Activities:

Exercise	Tuesdays 10:00am
Chair Volleyball	Tuesdays 12:30pm
Wii Bowling	Wednesdays *Scheduled
Tai Chi	Wednesdays 12:30pm
Exercise	Thursdays 10:00am
Chair Volleyball	Fridays 10:00am

Everyday Exercise

Everyday physical activity simply means movement of the body that uses energy. Walking, gardening, pushing a grocery cart and climbing stairs are all examples of physical activity. Begin slowly, warm up, use proper equipment, avoid overexposure, drink a lot of water. **Challenge:** Try one new exercise each day, feel good about yourself for trying and keep going. Exercise helps prevent heart disease, obesity, high blood pressure, diabetes, osteoporosis and depression, just to name a few.



Monthly Senior Day

Tuesday, August 10th

- 11:30 Walt's BBQ at the Center
 - 12:30 Council on Aging Presentation
 - 1:00 Business Meeting
 - 2:00 Bingo
- Decorations:
Judy and Gary Roberts