

SENIORS' CENTRE *for* EXCELLENCE



July 2010

Summer has arrived! Below are some tips to help you stay safe, healthy and happy during the summer months.

Always wear sunscreen even on cloudy days. Look for an SPF of at least 30. Sunscreen should be applied an hour before going outside so apply after your morning bath or shower and reapply every two hours when outside.

Avoid going outside during the hottest hours of the day. Plan your trips in the early morning or evening—always wear a hat and long sleeve light coloured tops.

Drink plenty of water. As we age we lose our sense of thirst and if we do feel thirsty it is probably a sign that we are already dehydrated. Be aware of the signs of dehydration including dry eyes, dry mouth, dark coloured urine or infrequent urination. There are many contributing factors to dehydration and certain medications can also be a factor. Dehydration can lead to bladder infections so always keep a glass of water handy and enjoy while doing activities.

Slow down. Take more time to complete activities. Do your chores in the early morning or evening hours.

Watch for signs of heat stroke. Signs may include confusion or hallucinations, profuse sweating or lack of sweating, fainting, rapid breathing or hot, dry skin. Seek medical attention immediately and cool off by removing excess clothing, sponging with a cool cloth and sipping cool water.

Seniorsational Exercise Program – Clifford

The Clifford Seniorsational Exercise Program is up and running. The Program is taught by local resident, Fran Dawson, who recently completed the Seniors Fitness Instructor Course through the Centre for Activity and Aging in London. The program is low cardio and runs Mondays and Wednesdays from 9:30 am to 10:30 am at the United Church in Clifford. The cost is \$2.00 per session. If you would like more information or would like to sign up please contact the Seniors' Centre for Excellence at 519-638-1000.

Congregate Dining Program - Palmerston

Don't eat by yourself, eat with us! The Seniors' Centre for Excellence is hosting another congregate dining program in Palmerston on Wednesday, July 7, 2010 from 11:30 am to 1:30 pm at the Palmerston United Church. Please call 519-638-1000 to register!

Good Food Box Program

The Good Food Box Program will not run during July or August, as we encourage customers to buy their fresh fruits and vegetables locally. The program will resume its course in September, and all those who are on the list, or who wish to be on the list, will receive a reminder phone call in August.

Lawn Bowling – Palmerston

The Seniors' Centre for Excellence invites you to an afternoon of lawn bowling on Tuesday, July 20, 2010 from 2 pm – 4 pm at the C.N.R.A. building on Main Street East. Never played before? No worries! Beginners, as well as experienced lawn bowlers are welcome! Join us for an afternoon of fun and fellowship! Please register.



Urban Pole Walking - Palmerston

What is urban pole walking? How do I use urban poles? What are the benefits? Did you know that urban pole walking is a total body work out involving 90% of your muscles? Urban Pole Walking has been clinically proven to improve posture, stability, mood, and bone density, while reducing stress to knees and joints. It's lots of fun too! The Seniors' Centre for Excellence is pleased to offer a 3 week urban poling course to residents in Palmerston! Each participant will receive their own set of poles during the time of the course, which they can use the entire 3 week period. An information session is scheduled for July 9 at 10:15 am at the Palmerston

United Church. Please register ASAP as space and poles are limited. A small fee will apply – call the SCE for details. You don't want to miss this!

Please call the Seniors Centre for Excellence at 519 638 1000 or 519 321 1151; it is important that we know in advance the number of people who are attending events to ensure enough resources and refreshments are available.