

Tuesday, March 30, 2010

Senior News

Happenings at the Salina Senior Center



Nancy Boden rings up a sale on the Senior Center lunch line cash register.

Events Calendar

Tuesday, March 30

Painting classes with Barb Culley, 9 a.m. and 1 p.m.; \$8 fee.

Bingo: 9:30 a.m.

Strong People exercise class, led by Leah Robinson; 10:30 a.m. in the fitness center.

Bible study led by George Easter, 10:30 a.m. in the Senior Center.

Cards: Pitch, Pinochle and Joker Board (marbles); 1 p.m.

Wednesday, March 31

AARP income tax assistance for seniors, 9 a.m. to 3 p.m.

Texas Hold 'em Poker, 1 p.m.

Thursday, April 1

AARP income tax assistance for seniors, 9 a.m. to 3 p.m. in the Senior Center.

Foot care clinic; 9 a.m. to noon.

Bingo: 9:30 a.m.

Writing class led by Judy and Jerry Clarke; 10 a.m. in the Senior Center.

Strong People exercise class led by Leah Robinson; 10:30 a.m. in the fitness room of the Senior Center.

Free blood pressure check, provided by Pinnacle Park Nursing and Rehabilitation, 11 a.m. to 11:30 a.m. in the Senior Center.

Three steps to eating right

Eating right doesn't have to be complicated for older Americans, the American Dietetic Association says. The association says a healthy eating plan can be based on three steps: (1) Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products. (2) Include lean meats, poultry, fish, beans, eggs and nuts in your diet. And (3), look to see that the foods you eat are low in saturated fats, trans fats, cholesterol, salt and added sugars. There are plenty of "good" foods available, and it's good to bring a wide variety of them into your diet.

Lunch tomorrow

Hot Meal Special: Chicken Fry Steak, Mashed Potatoes and Gravy, Corn, Apple Pie and Wheat Bread.

Salad Special: Salad Bar, Wheat Bread and Apple Pie. **Soup:** Vegetable.

See us online

You can use your computer to keep up with activities at the Salina Senior Center. Our Web site tells you what we're serving for lunch as well as what's on our Calendar of Events. Click on: SalinaHealthyLifestyles.com