

COMMUNITY & SENIOR CENTER

Newsletter

HOME EXERCISE

We all have heard jokes about home exercise equipment gathering dust or being used as a rack for drying clothes. Can people really use this kind of equipment as a way to improve their health and fitness, or is this approach doomed to failure? Millions of dollars are spent each year on personal fitness equipment, but what steps can consumers take to help make the investment yield fitness dividends?

CHOOSE YOUR EQUIPEMNT CAREFULLY

The first decisions will be your budget and what to buy. Your investment can range from an exercise mat and some exercise DVDs to a piece of equipment that costs thousand of dollars. You also must consider your exercise preferences, the amount of space you have to put the equipment, and any physical limitations that will have an impact on your exercise. It is important to explore your options carefully.

Refer to web sites and magazines that provide informative customer reviews of products. Also, try out the equipment before you buy it. The variations in sturdiness, comfort, and ease of use among devices are dramatic and are not always related to the cost. When making your purchase, consider the warranty and the return policy. It is wise to invest in an activity

that you know you find enjoyable, especially if you are spending a lot of money. Treadmills, rowing machines, stationary cycles, and elliptical machines can be expensive, but a well-designed machine can last for years. If you have never used these machines before, it is wise to try them out before committing to a purchase. People also invest in strength training equipment. Like aerobic equipment, the investment can range from dumbbells to full gyms that can cost thousands of dollars.

SET GOALS, SCHEDULE, AND MONITOR

Once you have selected your equipment, you need to develop a wise game plan for using it. Examine you day, and identify the time blocks in which you could fit exercise (early morning, after work, after dinner, etc). One of the most important aspects of maintaining an exercise program is designing it to fit your preferences.

For example if you hate getting up early, it may be difficult to stick to an early morning regiment. After identifying the time (s) of day that you will exercise, decide how many times per week and how many minutes per day you will devote to this task, and schedule it into your weekly routine. Start out slowly, and

progress toward your ultimate goals. If you are unsure about what appropriate goals are for you, consult a fitness professional. Also, it is imperative that you track your progress. You can use a traditional exercise diary or one of the many electronic applications that are now available. Research shows that daily monitoring helps people maintain an exercise routine.

SUPPORT HELPS

Regardless of whether you exercise on your own or with others, having people support your efforts is important. For the home exercisers, finding support might be easy or difficult, depending on the individual situation. Ask for the support of those in your household. They may be willing to exercise with you, or their contributions may be to agree to not disturb you while you are working out.

For each household, this will be a different negotiation. If there is not anyone in your household that will provide emotional support for your exercise efforts, look for friends, coworkers, or maybe an online support group that will give you encouragement. Having a person or a group of individuals who will provide you reinforcement for your efforts is important regardless of where, when, or why you exercise.

MAY 2013

Inside this issue:

Programs/Events	2
Lifelong Exercise Program	3
Lunch Menu	4

Hours of Operation

Mon-Thurs.	8am-4pm
Friday	8am-1pm

Cards & Tile Games

- Open Pinochle, 8am-3:30 p.m. (Mon./Wed.)
8am-12:30 pm (Fri.)
- Mexican Train, 12-3:30 p.m. (Tuesday)
- Dominos, 12-3:30 p.m. (Tuesday)
- Mah-Jongg, 12-3:30 p.m. (Tues./Wed./Thurs.)
8am-12:30 pm (Fri.)
- Cribbage, 12:30-3:30 p.m. (Thursday)
- Hand and Foot, 12:00-3:30 p.m. (Thursday)

PROGRAMS/EVENTS

May 8

Aliante Station

Departure: 9:00

Return: 5:00

Fee: \$15.00(transportation)

Location: Las Vegas

May 15

SAMS Town

Departure: 9:00 a.m.

Return: 5:00 p.m.

Fee: \$15.00(transportation)

Location: Las Vegas

May 22

Springs Preserve

Departure: 9:00 a.m.

Return: 5:00 p.m.

Fee: \$15 (transportation)

Fee; \$19.00 to get in

Location: Las Vegas NV

The Community and Senior Center

will be

CLOSED

Monday, May 27

“Memorial Day”.

ROOT BEER FLOAT SOCIAL

The Mesquite Senior Center will be hosting a Root Beer Float Social Tuesday, May 7 from 12:30 p.m. to 1:15 p.m. free of charge.

Thanks to the generosity of **United Health Care** we were able to provide you with this event! Thanks you United Health Care!!!



NEWSLETTER VIA-EMAIL

Are you interested in receiving our Monthly Newsletter via-email?

If you are, it's very easy:

We need your full name & email address so we can add you on our contact list.

Visit our front desk and write your information on the email sign-in sheet or you can email me at: gbelalcazar@mesquitenv.gov

BINGO



Come one, come all!!! It's Bingo Time! The Community and Senior Center will be hosting an hour of free BINGO, Thursday, May 9 from 1-2 p.m.

This event is brought to you by: **Care Source Home Health, LLC**. Thank you for sponsoring the Bingo and Prizes.

What's Your Aging IQ?

Meet John, age 72, appears to be fairly healthy, but he takes several medicines regularly. There are pills for his high blood pressure, high cholesterol, and arthritis, plus a multi-vitamin. It's a little hard to keep track of them all. What he would really like is a "Fountain of Youth" pill. Maybe he'll try some of those dietary supplements. His daughter says exercise, eat well, and keep your mind active-you'll stay young at heart. She wants him to get a computer and learn how to email his grandchildren. He says "You can't teach an old dog new tricks."

1. John should check with his doctor before trying a dietary supplement. Even though they may claim to be natural, does that mean safe and effective? **Y/N**
2. Older people can't learn new things. **T/F**
3. Is there a "Fountain of Youth" treatment? **Y/N**

Answers: 1-N/2-F/3-N

City of Mesquite

Lifelong

Exercise Program

2013 SUMMER SCHEDULE

MAY 6-JULY 26, 2013

Senior classes held daily from 7-11:45 a.m. (Free to pass-holders (except Zumba/line dance) \$5 per class for non-pass holders)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 Abs & Buns Intermediate/Advanced (Griseyda)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda)	8-8:45 Beginning Strength & Core (Terrie)
8-8:45 Beginning Strength & Core (Terrie/Griseyda)	8-8:45 Cardio & More (Nichole)	8-8:45 Beginning Strength & Core (Terrie/Griseyda)	8-8:45 Cardio & More (Nichole)	Intermediate/Adv. Strength & More (Nichole)
9-9:45 Water Aerobics (Maxine)	9-9:45 Gentle Aqua (Maxine)	9-9:45 Water Aerobics (Maxine)	9-9:45 Gentle Aqua (Maxine)	9-9:45 Water Aerobics (Maxine)
Gentle Yoga (Terrie)	ZUMBA <i>(drop-in \$2)</i> (Nichole/Griseyda)	Gentle Yoga (Terrie)	ZUMBA <i>(drop-in \$2)</i> (Nichole/Griseyda)	Gentle Yoga (Terrie)
10-10:45 Line Dance-II (Rebecca)	10:30-11:15 Chair Exercise- Sr. Center (Jo Anne Smith)	10-10:45 Line Dance-II (Rebecca)	10:30-11:15 Chair Exercise- Sr. Center (Jo Anne Smith)	10:30-11:15 Chair Exercise- Sr. Center (Jo Anne Smith)
10:30-11:15 Chair Exercise- Sr. Center (Jean Koehler)		10:30-11:15 Chair Exercise- Sr. Center (Jo Anne Smith)		

Lifelong Exercise Program Membership Fee:

(Classes Only)

		Mesquite/Clark Co. Residents	Non-Mesquite/Clark Co. Residents
Fall/Winter	Session 1	\$40	\$60
Winter/Spring	Session 2	\$40	\$60
Spring/Summer	Session 3	\$40	\$60

Lifelong Program Membership: Good for Lifelong Fitness Only.

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

NO CLASSES:

Memorial Day- May 27.
4th of July-Independence Day

LIFELONG SCHEDULE

SESSION 1-September 9-December 13, 2013
SESSION 2-January 6-March 21, 2014
SESSION 3-May 5-July 25, 2014

Mesquite Athletics & Leisure Services Department 100 W. Old Mill Road, NV 89027 Phone: 702-346-8732

MENU

Lunch Served from 11 a.m. to 12:30 p.m. **Menu Subject to Change Without Notice.**

M A Y 2 0 1 3

M O N	T U E	W E D	T H U	F R I
		1 Grilled Cheese Sandwich Tomato Soup Pasta Salad Fruit	2 Ham Home Made Potato Salad Three Bean Salad Peaches	3 Fish & Chips Coleslaw Dessert H/B Vegetable
6 Liver & Onions Scalloped Potatoes Mixed Vegetables Pears	7 Pepperoni Pizza Salad Beets Pineapple	8 Parmesan Tilapia Rice Pilaf Carrots Dessert	9 Chicken Cesar Salad Cottage Cheese Bread Stick Dessert	10 Beef Taco Rice Beans Fruit
13 Chicken Fried Steak Mashed Potatoes w/ Country Gravy Green Beans Pears	14 Tuna Sandwich on Wheat Berry Bread Macaroni Salad Cucumber Salad Dessert	15 Ham & Cheese Sliders Cottage Cheese Spinach Salad Peaches	16 Homemade Lasagna Bread Stick Salad Dessert	17 Poppy Seed Chicken Rice Peas Spiced Apples
20 Lemon Pepper Tilapia Parsley Potatoes Normandy Vegetables Pineapple	21 Pork Chops Mashed Potatoes Corn Dessert	22 Cheese Burger French Fries Baked Beans Fruit	23 Turkey Stuffing Mixed Vegetables Dessert	24 Spaghetti Salad Garlic Bread Peaches
27 CLOSED Memorial Day	28 Cranberry Turkey Wrap Pasta Salad Cottage Cheese Dessert	29 Meatloaf Mashed Potatoes Mixed Vegetables Fruit	30 Chicken Salad On Homemade roll Cucumbers & Tomatoes Dessert	31 Philly Cheese Steak Fries Three bean Salad Fruit

NUTRITION PROGRAM

Lunch is served from 11 a.m.-12:30 p.m.

- Monday through Friday (except holidays)
- A \$2.50 donation is suggested for 60 years and older.
- \$4.00 fee for 59 and under.
- To inquire about Homebound delivery call 346-5290.

Food Allergy Notice

Food items may contain these or other allergy causing ingredients:

Nuts, Milk, Eggs, Wheat,
Soybeans, Peanuts, Fish,
and Shellfish