

# Senior Health & Fitness Day

## Wednesday, May 29th

<p>9:30 - 9:45 Multipurpose Room</p>	<p><b>7 Day Balance Challenge: Day 1</b> 10-12 minute balance challenge which will continue everyday after Walkaerobics for 7 days. <b>Sign up is not required.</b></p>
<p>9:00 - 12:00 Clinic Room</p>	<p><b>15 Minute Massage:</b> Relaxology will be visiting the Senior Center and offering a free 15 minute massage. <b>Sign up sheet is available in the rack near the Clinic Room.</b></p>
<p>9:45 Dining Room</p>	<p><b>Propagate with Trina:</b> Buy your produce only once. Join Trina as she teaches how to save money and regrow your store bought produce.. <b>Sign up sheet is available in the rack near the Clinic Room .</b></p>
<p>10:00 Multipurpose Rm</p>	<p><b>Visiting Angels Presentation:</b> Aging in Place is living in the home of your choice as you age. This means staying in an environment that is both comfortable, familiar and close to friends and family. In this presentation we will explore staying safe in your home as you age as well as available services to assist you in activities of daily living. <b>Sign up sheet is available in the rack near the Clinic Room .</b></p>
<p>11:00 Multipurpose Room</p>	<p><b>Proactive Brain Health Seminar:</b> By implementing proactive habits, individuals can help reduce their risk of cognitive decline. Seniors will learn lifestyle changes to help keep their minds sharp for tomorrow. Risks to brain health, lifestyle factors, diet, sleep, exercises, and connections between heart and brain will be discussed. Please join presenter Sarah Turcotte from Bridges by EPOCH for this great topic. Healthy refreshments to be served. <b>Order a delicious and nutrition lunch for \$3.00 from Meals on Wheels and they will deliver it to the Multipurpose Room. Reserve your lunch with Wesley or Kim in the Kitchen. Sign up sheet for the seminar is available in the rack near the Clinic Room</b></p>
<p>1:00 - 2:00 Multipurpose Room</p>	<p><b>Senior Safety with Officer Spencer :</b> Recognizing fraud and how to protect yourself from scams. <b>Sign up sheet is available in the rack near the Clinic Room</b></p>
<p>2:00 - 3:00 Dining Room</p>	<p><b>South Central NH Public Health Network (Parkland):</b> Emergency Preparedness &amp; Safety - how to prepare for an emergency and staying safe &amp; healthy during an emergency. <b>Sign up sheet is available in the rack near the Clinic Room</b></p>