### Senior Activities For DECEMBER

All activities at Community Center unless stated otherwise SNAP Center is closed December 24th & 25th

Dec. 10th & 17th SILVER SKATE at Denison On Ice 4-5pm | $5/person 55+

<table>
<thead>
<tr>
<th>Mondays</th>
<th>Wednesdays</th>
<th>Fridays</th>
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<tbody>
<tr>
<td>9 - 9:30 Jazzercise</td>
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<tr>
<td>9:30 - 11 DJ Music by “T-Bone”</td>
<td>9 - 11 Spinners Dominoes</td>
<td>9:30 - 11 Live Band “Texas Swingers”</td>
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<td>9 - 11 Spinners Dominoes</td>
<td>9:30 - 11 DJ Music by “T-Bone”</td>
<td>9 - 11 Spinners Dominoes</td>
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<tr>
<td>9 - 10 Senior Fit (pool)</td>
<td>9:30 - 42 Dominoes</td>
<td>9 - 10 Spinners Dominoes</td>
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<td>11:00 Lunch</td>
<td>9 - 10 Senior Fit (pool)</td>
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<td>12 - 2 Memory Café (Library)</td>
<td>11:00 Lunch</td>
<td>9:30-11:15 Dance</td>
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<td>5:30 Jazzercise</td>
<td>10:30 Karaoke/Movie/Trivia courtesy of the Library</td>
<td>11:00 Lunch</td>
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<td>5:30 Jazzercise</td>
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<table>
<thead>
<tr>
<th>Tuesdays</th>
<th>Thursdays</th>
<th>Saturdays</th>
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<tr>
<td>9:30 - 11 Bingo</td>
<td>9 - 11 Spinners Dominoes</td>
<td>7 - 10 Senior Dance 1st Saturday</td>
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<tr>
<td>9 - 11 Spinners Dominoes</td>
<td>9 - 10 Rusty Hinges Water Class (pool)</td>
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<tr>
<td>9 - 10 Rusty Hinges Water Class (pool)</td>
<td>9:30-11 Live Band “The Melody Makers”</td>
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<td>11:00 Lunch</td>
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<td>5:30 Jazzercise</td>
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Games - Dominoes, Cards and Puzzles Every weekday
Peanut Butter Dessert Lasagna

Ingredients

- 1 1/2 c. heavy cream
- 1/2 c. powdered sugar
- 1 (3.4oz) package vanilla instant pudding mix, plus ingredients called for on box
- 1 (16oz) package Nutter Butters
- 1 (16.3oz) jar peanut butter, melted
- 3 King Size Butterfingers, roughly chopped
- 1/2 c. semisweet chocolate chips, melted

Steps

1. Make whipped cream: Using a stand mixer with the whisk attachment or hand beaters, beat cream and sugar until medium peaks form, about 3 minutes. Set aside.
2. Prepare pudding according to package directions.
3. In an 8” x 8” baking dish, spread a thin layer of whipped cream. Top with a layer of Nutter Butters and top those with a layer of melted peanut butter, spreading to completely cover cookies. Top with half the vanilla pudding, spreading into an even layer, then half the remaining whipped cream in an even layer; top with half the crushed Butterfingers and drizzle with more melted peanut butter. Repeat layering with remaining Nutter Butters, pudding, whipped cream, and crushed Butterfingers.
4. Cover loosely with plastic wrap and refrigerate until cookies are soft, 6 hours and up to overnight.
5. Drizzle with remaining melted peanut butter and melted chocolate, then slice and serve.

- Prep 10 MIN
- Total 6 HRS 30 MIN
- Servings 8
Following Christmas dinner, my family was relaxing around the kitchen table. We had all enjoyed traditional turkey, sweet potatoes lightly glazed with brown sugar, and a final wedge of pumpkin pie topped with a dollop of ice cream. The good cooking smells still lingered; the oven remained warm. My sister, our chef, was basking in the compliments—“Fabulous meal,” “I really couldn’t eat another bite,” “Everything was wonderful.” Dad had risen from his chair and was contentedly standing nearby.

My nephew, never one to sit still for too long, began dribbling his new basketball around the table and throughout the kitchen. Upon nearing Dad, he stopped—almost uncertainly. With shaking, wrinkled hands, Dad had reached out for the ball. He did not speak, and the boy, confused, looked up and over at us. It took some convincing, but the ball was gingerly passed over.

I watched my father closely to see what he would do. A playful smile appeared on his face. The twinkle in his eyes shone brighter than any Christmas lights. Holding the ball and reaching forward, Dad bounced it on the floor then caught it.

This action was repeated. Nodding approvingly, he then turned towards our assembled group. Gently tossing the ball away, Dad began a game of catch.

The ball continued to be passed through eager pairs of outstretched hands. Cries of “Over here!” rang through the warm kitchen. Dad’s active participation in this game was remarkable to me, since he had advanced Alzheimer’s disease. This dementia had robbed him of many memories and the recognition of people, places and points in time. Despite this, Dad clearly recognized the ball and what you could do with it.

In my younger years, playing with Dad was rare. To his credit, Dad worked hard and provided for us. He was very private and never showed nor shared much emotion; his game of choice was chess, which he did eventually teach me how to play. As an adult, I had become a caregiver and watched helplessly as Dad declined. Connecting moments between father and son had been few and far between before he took the basketball.

I’m not sure how long we played catch. Watching the clock was not important. Dad gleefully led us until he began to tire. What I do know is that our game ended all too soon, and it was time to face the reality of dirty dishes piled high on countertops. The moment, though, will certainly last forever. On this Christmas, Dad gave me a special memory—one that I will always treasure.

—Rick Lauber, Chicken Soup for the Soul Publishing, LCC

**Precious Memories**

*We do not remember days; we remember moments.*

—Cesare Pavese, *The Burning Brand*

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**Why Seniors and Their Caregivers Need Flu Shots**

Seniors and their caregivers are especially susceptible to the flu. While most family caregivers who are sick tend to keep their senior loved ones at home, severe flu seasons can create challenges for all involved in senior care.

Adult senior care centers are seeing an increase in new participants as a result of caregiver illnesses like the flu. Can an increase in assisted living respite care stays be far behind?

**Do You Need a Flu Shot?**

Nearly 65.7 million caregivers make up 29% of the U.S. adult population, so caregivers play a vital role in keeping American seniors healthy. But what happens when the caregivers themselves get sick?

The stresses of caring for a parent or senior loved one can easily cause an increased susceptibility to illness, especially during flu season. Studies have repeatedly shown that family caregiving can negatively affect the caregiver’s health, financial status and life. The Family Caregiver Alliance states that 17% of caregivers feel that their health has gotten worse as a result of their responsibilities. When the caregiver’s health gets worse, the family member’s health often suffers as well, especially for those who are caring for someone with a progressive disease like Alzheimer’s.

Severe flu seasons are difficult to contend with, so seniors and their caregivers need to be particularly vigilant during this time.

**The Flu and Its Impact on Assisted and Senior Living Care**

During recent flu seasons, half of those hospitalized for influenza or norovirus have been over the age of 65, the CDC reports. It’s easy to imagine how the flu can spread in a confined environment such as an assisted living community, but even healthy seniors are at risk. During flu season, adult day care and senior activity centers tend to see a reduction in attendance, as participants succumb to what illness is going around.

“We are negatively affected by the flu season because people are ill and have to stay home,” says Lydia Missaelides, Executive Director of the California Association for Adult Day Services. Shannon Parker, the Recreation Coordinator at Modesto Senior Center in Modesto, California, agrees:

> “Every flu season, we will see a decrease in participation from our regulars, but we will see an increase in new people coming in at the same time”—a trend that may be due in part to family caregivers getting sick and needing to arrange daytime activity for their senior loved ones.

When home health workers are felled by a virus, the continuity of care is interrupted which can create a stressful situation for the senior’s family who must patch together emergency senior care support.

“We have caregivers who are calling in sick and because our population is so susceptible to complications of the flu, I think in some cases they’re erring on the side of caution. They don’t want to endanger their client,” says Patty King, Executive Director of Home Instead Senior Care in Modesto, California.

**Ways Seniors and Caregivers Can Stay Healthy During Flu Season**

Read these tips:

1. Avoid close contact with sick people.
2. Consider adult day services or a respite care stay for your loved one.
3. Get a flu shot.
4. Get enough rest so you’re less susceptible to illness.
5. Stay home if you are sick.
6. Wash your hands often with soap and water.

Caregivers should be sure to care for themselves — make a point of getting enough rest so you’re less susceptible to illness. Also, remember most assisted living communities offer short-term respite care stays for your loved one while you recuperate.
Avoiding Wintertime Falls

Prevention takes a little planning and possibly some acceptance that the risk is higher, but these tips may be able to prevent a serious injury from occurring or provide help before a simple fall becomes something more serious in the cold.

• Discuss your medications with your doctor. Some medicines can cause dizziness or vision changes. Take all your medications as directed, but let your doctor know about any side effects that could make you more likely to fall.

• Check the weather forecast. You don’t want to get caught out in freezing rain or heavy snow. If you have an appointment, try to reschedule.

• Wear weather-appropriate shoes. Your shoes should fit well, have low heels and good traction. If you use a cane, choose one with a non-slip rubber tip to prevent slips.

• Allow extra time to get to your destination. You are less likely to be careful if you are in a hurry.

• Use sand or cat litter for extra traction. Salt bags can be difficult to move. If you can’t salt your own walkway, use kitty litter or sand to add traction and prevent falls. This isn’t a permanent solution, but it can help until someone can clear the ice for you.

• Use doormats. Wet shoes can cause you to slip on your floors. Place a mat on either side of your door. The inside mat should be absorbent enough to dry your shoes as you come inside.

• Avoid large loads. Keep your hands free so you can hold on to a railing or grab some support if you fall. When possible, ask for help carrying your bags.

• Ask for help. Don’t be afraid to ask for help when you need it.

Be prepared. Make sure your emergency numbers are stored in your phone. Take your cell phone with you when you go out.

Sudoku

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2  4  1  9
8  3  5  4
5  4  6  7
3  8  3  1
1  7  9  6
8  3  2
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