

Hold the Date! Don't Miss Our Weekend Wonderland December 4th & 5th Tickets On Sale October 1st – Get Yours While They Last!



Look what's happening on December 4th and 5th! Your Senior Center and the Foundation will be sponsoring a Weekend Wonderland to benefit the Foundation.

A subcommittee of the Leadership Team has been busily working to make this benefit a huge success. On December 5th there will be a live/silent auction and an opportunity raffle of twelve special theme baskets. For a donation of \$5.00 each person will be given three raffle tickets towards the baskets, one ticket for a grand prize which is still to be determined and, of course, munchies, beverages and entertainment will be offered. On December 4th it will be our largest flea market yet, with a special room full of Better Boutique items.

We still need new items for the auctions and slightly used items for the flea market. If you have anything you would like to donate just drop it off at the Senior Center. We also are looking for volunteers to help solicit gifts, and to work on both days. It's going to be a major effort to help raise these needed funds. We need your help, so come and support the Foundation and your Senior Center!

Julia Fuce has been working on obtaining larger grants. So far, we have several nice prizes, including a two night stay at a hotel, passes for Disney and passes for StarLite Cruises. The Foundation was also awarded a \$10,000 grant for air time from Bright House Networks. Expect to see our 30 second spots on approximately 20 different local channels. Great promotion!!

Foundation Fitness Center Having a Big Impact on Senior Lives

The Senior Center Foundation's new fitness center is proving to be a wildly popular addition to the offerings at the Senior Center and well worth the Foundation's \$85,000 investment. Nearly 200 people used the facility more than 1000 times in the last month alone and the peak of the winter season is still months away. The numbers say a lot, but it is the individual impact the new fitness center is having on senior's lives that is most important.

Former city council member Mary Stull uses the facility several times a week. She uses both the new exercise machines as well as the treadmill. "The machines are great, you get a good workout without having to strain yourself," said Mary. "I like them best. I have to motivate myself to get on the treadmill, but I'm glad I've been doing that, too. I can see a real difference in my stamina."

Mary had been walking with a cane after a knee replacement in December and had resigned herself to limited mobility the rest of her life. After she began working out on the equipment several months ago, the cane is history and her balance and mobility have improved dramatically. "Now I can keep up with friends who are in their 30s," said Mary. "I'm able to climb up stairs and do yard work I haven't been able to do in more than 2 years. I'm mowing the grass, cleaning out closets and moving things around in the house. It's great to be so much more self reliant."

Mary likes to tell the story that recently she expressed concern to a friend that she has a bump on one of her arms. "The friend said, 'Mary do you have a bump on the other arm too?' and low and behold I did. My friend pointed out to me that I had muscles! I've never had muscles like that in my arms before. It's really amazing. I could never have afforded an expensive gym membership," said Mary. "But I get a great workout and terrific results as a member of the Senior Center." She was only too happy to pay the \$20 Foundation membership fee. "I'd really like to thank the Foundation for this investment. It's changed my life."

Another Foundation member who uses the Fitness Center regularly is Kathleen Andrews. "I never really used the Senior Center much before, except to come and play bridge," said Kathleen. "But I started working out on the machines about seven months ago and I really love them. I don't have any cartilage in my knees so I can't do really stressful exercise, but the machines are great because they do most of the work for you."

Kathleen says she has seen a huge increase in her agility. "My grandson from California visited recently and he was commenting on what a difference he could see in me," said Kathleen. Kathleen follows a regimen where she does a series of six machines for three minutes each twice a week. Her total workout each time is only 18 minutes, but it is making a world of difference over time. "I like to come work out and then I go play bridge," said Kathleen. It makes for a fun day. When asked what she'd like to see the Foundation do next for the Center she is quick to respond. "I want a pool," she said. "I'm 80 years old, but I'm hopeful I'll see that in my lifetime."

We'll keep you posted on that Kathleen!