

A LETTER FROM LORIN

HAPPY MARCH! Spring is almost here and we are celebrating by kicking off our travel season registrations AND a new streamlined senior calendar to keep you in the know of AOA Dept. Group Exercise classes, Lunch & Learns, and other monthly events in one place! Please do continue to check our existing Pool Schedules for new additions or changes each month! I hope this new format helps!

•Euchre Group at Dogwood Shelter, 241 7th St. NE, Monday and Thursday from 12-3:00 p.m.! Enter thru the West door and please bring a snack to share! Invite your friends! No sign up required and all are welcome!

•BUNCO dice game! Join us the 1st Friday of the month in our 2nd Floor Gallery from 12:30-3:00 p.m.! 4 players needed per table for duration of game play. Please bring a snack/drink to share. March's date is Friday, March 6.

• Our first bus trips of the travel season are here! Please see the trip reservation form and flyers for details! All trips are open to members and non-members! As a thank you to North Canton Church of Christ for hosting our parking, please bring a canned food item for their monthly food drive—thank you!

As always, please contact me if you have any questions and have a great month!

Lorin Zuppe
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Know & GO: How To Improve Nutrition for Seniors

Health professionals recommend following a preventative health maintenance nutritional program, such as the *Dietary Guidelines for Americans*, from the U.S. Department of Agriculture (USDA) and the Department of Health and Human Services (HHS). **It describes two eating plans:** The USDA Food Patterns and The DASH (Dietary Approaches to Stop Hypertension) Eating Plan.

What Is the Recommended Daily Nutrition for Seniors? The USDA Food Patterns recommends that people 50 or older choose healthy meals every day from the following: **Fruits — 1½ to 2 ½ cups** What is the same as ½ cup of cut-up fruit? A 2-inch peach or ¼ cup of dried fruit.

Vegetables — 2 to 3½ cups What is the same as one cup of cut-up vegetables? Two cups of uncooked leafy vegetables.

Grains — 5 to 10 ounces What is the same as one ounce of grains? A small muffin, a slice of bread, a cup of flaked, ready-to-eat cereal, or ½ cup of cooked rice or whole-grain pasta usually equal one ounce of grains.

Protein foods — 5 to 7 ounces What is the same as one ounce of meat, fish or poultry? One egg, ¼ cup of cooked beans or tofu, ½ ounce of nuts or seeds or one tablespoon of peanut butter.

Dairy foods — 3 cups of fat-free or low-fat milk What is the same as one cup of milk? One cup of yogurt or 1½ to 2 ounces of cheese. One cup of cottage cheese is the same as ½ cup of milk.

Oils — 5 to 8 teaspoons What is the same as oil added during cooking? Foods such as olives, nuts, and avocado have a lot of oil in them.

Solid fats and added sugars (SoFAS) — keep the amount of SoFAS small If you eat too many foods containing SoFAS, you will not have enough calories for the nutritious foods you should be eating. Ensuring adequate nutrition and proper intake of fats and nutrients will help keep older adults feeling more vital, and ultimately, more healthy. This form of prevention is far more effective than intervention later down the line.

To read more go to: <https://www.aplaceformom.com/blog/seniors-nutritional-needs/>

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North Canton YMCA



[north_canton_ymca](https://www.instagram.com/north_canton_ymca)

Thank you to our Senior Social Advisory Committee Members!

Pat Marcus, Secretary, Rose Bresson, Treasurer

Bonnie Fontes, Ethel Gainey, Pat Skiba, Joanne Lewis & Sonny Freeman

North Canton YMCA
Active Older Adults Newsletter
MARCH 2020



FUN NEVER RETIRES



SilverSneakers by UnitedHealthcare RenewActive by UnitedHealthcare Silver&Fit AARP

TRIP RESERVATION FORM

Name _____

Phone _____




<p>Tuesday 4/28 7:30 am-5:45 pm</p> <input type="checkbox"/>	<p>Trip to Ashtabula County-local covered bridge guided tours, Grand Rivers Cellars tour, lunch at Ferrante winery, Debonee's winery. *Please bring a canned food item to donate to NCCC! Thanks!</p> <p>\$82, due at registration</p>
<p>Tuesday 5/12 8:00 am-6:30 pm</p> <input type="checkbox"/>	<p>Greenhouse Trip-stop at 4 Cleveland west side nurseries (w/free plants), lunch & East Coast Custard! *Please bring a canned food item to donate to NCCC! Thanks!</p> <p>\$90, due at registration</p>
<p>Thursday 6/18</p> <input type="checkbox"/>	<p>Trip to Ohio Light Opera-in the works! More details soon to come! *Please bring a canned food item to donate to NCCC! Thanks!</p>

PRICE & PAYMENT INFORMATION

Price includes bus transportation and all tips. Refunds cannot be guaranteed in event of cancellation after deadline-finding a sub is best.

You may register online, via phone or in person thru our Front Desk, (330) 499-2587, or mail in registrations with payment. Please make checks payable to North Canton YMCA and mark the outside of envelopes with "Attention: Front Desk Senior Bus Trip Registration." Thank you!

MARCH

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
<p>1 Pickleball Clinic 2-4 pm EG</p>	<p>2 April/May Bus Trip Reg. opens thru Front Desk!! SF 10:15-11:05 EG; SB 11:15-noon MPR; Euchre 12-3 Dogwood PB 12:30-2:30 EG</p>	<p>3 SS 10:15-11 MPR</p>	<p>4 <u>Sr. Social</u> 9:00 WY 10:00 CY, cards, 11:45 Skyland Pines lunch-sign up w/Lorin 12:45 Nutrition talk!</p>	<p>5 SS 10:15-11 MPR; SB 11:15-noon MPR; Euchre 12-3 Dogwood</p>	<p>6 SF 10:15-11:05 EG; CY 11:15-noon MPR; BUNCO 12:30-3 pm Gallery</p> <p>Pancake Breakfast! 7-10 am West Gym </p>	<p>7</p>
<p>8</p>	<p>9 SF 10:15-11:05 EG; SB 11:15-noon MPR; Euchre 12-3 Dogwood PB 12:30-2:30 EG</p>	<p>10 SS 10:15-11 MPR</p>	<p>11 <u>Sr. Social</u> 9:00 WY 10:00 CY, cards, 11:45 Bring own lunch 12:45 Bud Couts </p>	<p>12 SS 10:15-11 MPR; SB 11:15-noon MPR; Euchre 12-3 Dogwood</p>	<p>13 SF 10:15-11:05 EG; CY 11:15-noon MPR</p>	<p>14</p>
<p>15</p>	<p>16 SF 10:15-11:05 EG; SB 11:15-noon MPR; Euchre 12-3 Dogwood PB 12:30-2:30 EG</p>	<p>17 SS 10:15-11 MPR</p>	<p>18 <u>Sr. Social</u> 9:00 WY, 10:00 CY, cards, 11:45 Bring own lunch 12:30 Wine glass painting \$5/person-sign up w/Lorin </p>	<p>19 SS 10:15-11 MPR; SB 11:15-noon MPR; Euchre 12-3 Dogwood</p>	<p>20 SF 10:15-11:05 EG; CY 11:15-noon MPR</p>	<p>21</p>
<p>22</p>	<p>23 SF 10:15-11:05 EG; SB 11:15-noon MPR; Euchre 12-3 Dogwood PB 12:30-2:30 EG</p>	<p>24 SS 10:15-11 MPR</p>	<p>25 <u>Sr. Social</u> 9:00 WY, 10:00 CY, cards, 11:45 covered dish, 12:45 BINGO w/St. Luke's</p>	<p>26 SS 10:15-11 MPR; SB 11:15-noon MPR; Euchre 12-3 Dogwood</p>	<p>27 SF 10:15-11:05 EG; CY 11:15-noon MPR</p>	<p>28</p>
<p>29</p>	<p>30 SF 10:15-11:05 EG; SB 11:15-noon MPR; Euchre 12-3 Dogwood PB 12:30-2:30 EG</p>	<p>31 SS 10:15-11 MPR</p>	<p>*Class Key: SF-Senior Fitness SS-Silver Sneakers PB-Pickleball</p>	<p>SB-Senior Balance CY-Chair Yoga WY-Water Yoga</p>	<p>*Location Key: EG-East Gym MPR-Multipurpose Room</p>	