

Athletics & Leisure Services Department

COMMUNITY & SENIOR CENTER

Newsletter

OCTOBER 2012



It's time to get moving and help find cures for "Breast Cancer". Do it for yourself, for the people you love, for the millions who need your support. Join the **Party in Pink™** movements. The Mesquite Athletics and Leisure Services Department, Eureka Casino and the Mesquite Zumba® Fitness Instructors presents the first:

ZUMBATHON® CHARITY EVENT

Thursday, October 18, from 6-8 p.m.
Location: Mesquite Recreation Center
Charity Donation: \$5 per person



*All proceeds will go to the **PASSIONATELY PINK** for the Cure.

Fundraiser pre-event tickets sold at Rec. Center & Senior Center.



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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)

EXERCISE AND THE BRAIN- More Reasons to Keep Moving Brought to you by the American College of Sports Medicine (www.acsm.org)

The benefits of physical activity in preventing the development of chronic health conditions and as a therapeutic approach for people diagnosed with one or more chronic health conditions are well recognized.

There is a plethora of medical and scientific evidence documenting how regular physical activity can help prevent and/or treat hypertension, type 2 diabetes, abnormal blood lipids, coronary artery disease, stroke, osteoporosis,

arthritis, certain cancers, and other conditions.

The strength of this evidence has resulted in the U.S. Department of Health and Human Services and the American College of Sports Medicine recommending that all Americans undertake a minimum of 150 minutes per week of moderate-intensity aerobic exercise and that children and adolescents participate in 60 minutes or more of daily physical activity. Unfortunately, most

Americans do not achieve these recommended minimum levels.

Frequently, people who are physically active will comment that the reason they exercise is because "it feels so good when I'm finished," and while the comment is often made with a bit of sarcasm, it actually may be quite insightful. A growing body of research has begun to demonstrate a number of positive effects of physical activity on brain (Continues on page 2)

function, both in youth and adults of all ages. The brain is an amazing organ, consisting of more than 100 billion nerve cells or neurons that communicate with the assistance of hundreds of different chemicals.

The neurons have specialized extensions referred to as “dendrites” and “axons.” Dendrites serve as the receiving branch of the nerve cell, whereas axons handle outgoing messages to the next neuron.

Dendrites and axons do not touch each other but, instead, communicate through a small chemical gap called a “synaptic junction.” It is at this junction that the electrical message from the axon is chemically converted and taken across the gap by a neurotransmitter to the receiving dendrite where it is reconverted to an electrical signal.

Communication within the brain and across the various synaptic junctions is regulated by a variety of different chemicals or neurotransmitters. A few of the more common neurochemicals that affect brain function, along with some of their basic roles, are:

- ◆ **glutamate:** stimulates activity
- ◆ **gamma-aminobutyric acid:** attenuates

or slows down activity

- ◆ **serotonin:** influences mood, impulsivity, anger, aggressiveness
- ◆ **norepinephrine:** influences attention, perception, motivation, arousal
- ◆ **dopamine:** influences voluntary movement, cognition, working memory and learning, ability to experience pleasure and pain
- ◆ **brain-derived neurotrophic factor:** improves the function of neurons and encourages their growth and enhances communication and learning
- ◆ **insulin-like growth factor 1:** within the brain, insulin-like growth factor 1 plays a role in neurogenesis (cell growth) and learning.

The positive effects of regular exercise on these and other neurochemicals and their associated impact on overall brain function are numerous and just beginning to be understood. Exercise has been shown to stimulate the growth of cerebral blood vessels, enhance communication across synapses, boost mood, and act as a natural

antidepressant, augment memory and learning, and increase brain density.

The latter is true in white matter, which contains the nerve fibers that run throughout the brain. In essence, exercise primes the brain to enhance learning and memory and helps people age somewhat gracefully with better maintenance of cognitive function.

Research also has demonstrated that exercise and physical fitness are associated with enhanced learning and academic performance in school-aged youth. This effect appears to extend to older populations and even individuals with medical conditions, such as multiple sclerosis (MS), where highly fit patients with MS have demonstrated better performance on cognitive function tests than patients with MS who are less fit.

Although our complete understanding regarding the effect of exercise on cognitive function is still in its infancy, the data are compelling and provide one more important reason to not skip that daily bout of physical activity. Regular exercise is critical to everyone’s health, physical function, and cognitive well-being.

WHAT’S YOUR AGING IQ?

Meet Sam

Sam is 70. He can’t understand why he is more tired than he used to be. He goes to bed and gets up at the same time he always has. He often takes an afternoon nap. Maybe it’s because he has a lot on his mind right now. His younger brother was just diagnosed with Alzheimer’s disease. Sam’s worried because he seems to be more forgetful than before—even a little confused sometimes. Could he have Alzheimer’s too?



1. The older a person gets, the less he or she needs sleep. True / False
2. Forgetfulness and even a little confusion could come from a variety of causes, not necessarily Alzheimer’s disease. True / False
3. Could Sam develop Alzheimer’s disease like his brother has? Yes / No

Meet Jim

Jim, 82, lives alone on a pension. To save money in the winter he keeps his thermostat at 62°, even when it’s freezing outside. Now it’s summer, and he refuses to buy a window air conditioner.

When the weather report predicted 100° heat, his son Bob offered to pick Jim up and let him spend the day in Bob’s cool house. Jim was grumpy and refused to leave his home.

1. Like Jim, most older people live alone. True / False
2. Do people always get grumpy as they age? Yes / No
3. What about the heat? Can too much heat or cold be dangerous for older people? Yes / No

SAVE THE DATE

Pancake Breakfast and Bake Sale Event

Saturday,
November 10
7-9:30 a.m.

*Sponsored by:
Randy Schwartz*

All proceeds will benefit the
Mesquite Veteran Center

Early Bird Fee:
\$5 per person

Cost at the Door:
\$7 per person

Hi everyone I am **Bruce Helling** originally from Minnesota, were I graduated and went into the service were I lost my lower right leg and was honorably discharged. I got involved with off roading and then into classic cars of which I have had two, a 1955 Chevrolet and now a 1938.



I belong to a Classic Car Club from St. George, Utah.

I have attended shows in Salina, Utah, Ely, Nevada, Henderson Nevada and many in St. George. Utah.

I have won three trophies and that was exciting!



I have lived in mesquite for eight years and love playing cards and Mexican train at the senior center

ABA Young Lawyers Division

Young Lawyers Serving Veterans

Veterans Benefits Clinic

November 12, 2012

10 a.m. to 2 p.m.

East Las Vegas Senior/
Community Center

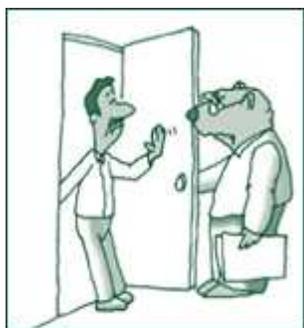
(250 N. Eastern Avenue)

For more information contact: 1-866-432-0404, ext. 126

Answers (from page 2– Jim 82)

1. **False.** Most older people are not alone. About 8 of every 10 older men and 6 of every 10 older women live in family settings—with a husband, wife, or other family members. Less than 4 percent of people over age 65 live in nursing homes.

2. **No.** Personality has long been considered one of the constants of life. That is, as people age, they are likely to behave much as they have their whole adult life. However, recent research suggests that your personality may change slightly as you grow older. While small variations in personality are possible, major changes in personality are unlikely.



For example, an outgoing, cheerful, assertive young person is probably not going to turn with aging into a solitary, cheerless, submissive older person. In the same way, a calm, easygoing person does not become a grumpy old person because of aging.

Answers (from page 2– Sam 70)

1. **False.** In later life, it's the quality of sleep that changes, not total sleep time. Older people may have trouble falling asleep or staying asleep. They may nap more during the day than a younger person does. Waking up tired every day, however, is not normal and can be helped. Sam needs to check with his healthcare provider.

2. **True.** Some people worry about losing their memory as they grow older, and sometimes being forgetful or confused might be an early sign of dementia. But this does not always happen. Finding a hobby, keeping an active mind, eating well, and staying physically active might help many people remain alert and clear-headed.

Sometimes, however, a minor head injury, high fever, poor nutrition, drug side effects, or depression, for example, can temporarily lead to confusion. When this happens, treating the problem may relieve the confusion. Other conditions, such as Alzheimer's disease, cause permanent damage to the brain and grow worse with time.

3. **Yes.** It's possible. Alzheimer's disease is one form of dementia, a brain disorder that makes it hard for people to carry out their daily activities. People with a family member with Alzheimer's disease can be more likely to develop it. But that is not necessarily the case. Rare forms of Alzheimer's, such as early-onset familial Alzheimer's disease, occur between the ages of 30 and 60. These arise because of certain genes that we inherit from our parents. The role of genes in late-onset Alzheimer's, which is by far the most common form and occurs later in life, is not as simple. At least one, and possibly several genes have been identified that might play a part in someone developing late-onset Alzheimer's. However, there is no obvious family pattern of inheritance. Instead, the gene or genes appear to increase someone's risk of developing Alzheimer's disease.

(Jim 82, continues)

3. **Yes.** A change in behavior such as becoming confused or grouchy can be a sign of heat stroke during hot weather or hypothermia in the cold. Getting too hot or too cold can make it hard for people to keep their body temperature around 98.6°. The brain works as the body's thermostat.



For example, if a person gets too hot, the brain sends messages to glands in the skin to release fluids, the person sweats, and the skin cools down. If a person gets too cold, the brain sends messages to the muscles to start shivering, and that activity helps warm the person.

With age, this thermostat in the body may not work as well as it did before. As a result, hot or cold weather is more likely to make an older person very sick more quickly. Bob should check on his dad often, try again to move him to someplace cool, and get him medical help if Jim does not seem better.

<p>Alzheimer's Support Group Meeting Mesquite Community & Senior Center Library Day: Tuesday (2nd & 4th of Month) Time: 2-3 p.m. Contact: Terra Shreve 702-346-7666</p>	<p>MESQUITE-TOES TAP TEAM Fall Season to begin... Come dance with "The Toes" Mesquite's Premier Dance Team and the official "Good Will Ambassadors of the City of Mesquite" ALL DANCERS WELCOME Beginner Classes in Tap & Jazz Tap starting, Monday, Oct. 1 at 3 p.m. Jazz starting, Friday, Oct. 12 at 10 a.m. Classes continue Mondays & Fridays thru Friday, December 7, 2012 NO EXPERIENCE NECESSARY Contact: Vickie Eckman 702-346-1206</p>	<p>QUILT GROUP Meets: First 3 Wednesdays of every month. "Sew and Tell" First Wednesday From 12:30 to 3:30 p.m. "Quilting for others" Second Wednesday from 10 a.m. to ? "Work on your projects" Third Wednesday from 10 a.m. to 3:30 p.m.</p>	
<p>Senior Law Services 2nd Wednesday of the Month Time: 11:30 to 12:30 By appointment only. Please call the Senior Center at 346-5290 to schedule an appointment</p>	<p>October 6 Harvest Festival - Art and Craft Departure: 8:00 a.m. Return: 4:00 p.m. Fee: \$15 transportation</p>	<p>October 17 Fall Harvest Botanical Gardens Departure: 9:00 a.m. Return: 4:00 p.m. Fee: \$15.00 Location: Las Vegas (at the Belliagio)</p>	
<p>October 6 Harvest Festival - Art and Craft Departure: 8:00 a.m. Return: 4:00 p.m. Fee: \$15 transportation</p>	<p>October 17 Fall Harvest Botanical Gardens Departure: 9:00 a.m. Return: 4:00 p.m. Fee: \$15.00 Location: Las Vegas (at the Belliagio)</p>	<p>November 2 Pomegranate Festival Departure: 9:00 a.m. Return: 2:00 p.m. Fee: \$15 (transportation) Location: Overton NV</p>	
<p>Disabled American Veterans, Mobile Service Office - Mesquite Date: Thursday, October 4, 2012 Time: 9:00 AM - 3:00 PM Location: Mesquite Community & Senior Center 102 East Old Mill Road, Mesquite, NV 89027</p>	<p>NEW PROGRAM "Learn How to Crochet" Begins: October 2, 2012 Days: Tuesdays Time:9:30-11 a.m. Location: Sr. Center Library A skein of yarn and set of crochet hooks will be provided for \$25.00 which can be paid over the six week course. Learn fundamental stitches while you make a case to hold your hooks.</p>		<p>Moapa Valley Art Guild Presents: 17th Annual Pomegranate Art & Craft Festival Friday and Saturday November 2 & 3, 2012 9 a.m. to 5 p.m. An Old Fashioned County Fairgrounds Location: Clark County Fairgrounds, 1301 W. Whipple Ave, Logandale, Nevada</p>
<p>MEET AND GREET!!! Come meet the candidates for the general elections. When: October 3, 2012 Where: Eureka Casino Grand Canyon Room Time: 5:30-7 p.m. Hors d'oeuvres & a Cash Bar will be provided. Sponsored by Mesquite League of Women Voters.</p>			<p>GRANDKIDS PHOTO FRAMES Date: October 2 Instructor: Jan Blain Time:1-3:30 p.m. Cost: \$5.00 for 3 cards Give your grandchild a special ornament for the Christmas tree. Or add a magnet to display on your refrigerator. Plastic canvas is quick and easy to work with.</p> <p>BEADING- DAISY CHAIN Date: October 16 Instructor: Jan Blain Time:1-3:30 p.m. Cost: \$6.00 Beginner's Welcome!</p> <p>CROCHET: A WATER BOTTLE HODLER Date: October 30 Instructor: Jan Blain Time:1-3:30 p.m. Cost: \$4.00 *YOU MUST KNOW HOW TO DOUBLE CROCHET FOR THIS CLASS.</p>
<p>GET READY FOR THE FALL Date: October 9 Instructor: Norma Wegner Time:1-3:30 p.m. Cost: \$5 Join us to make a lovely <u>framed piece</u> using fabric, specialty papers and our creativity. This is a fun, interactive class-no previous experience required; all materials supplies.</p>		<p>GRANDKIDS PHOTO FRAMES Date: October 2 Instructor: Jan Blain Time:1-3:30 p.m. Cost: \$5.00 for 3 cards Give your grandchild a special ornament for the Christmas tree. Or add a magnet to display on your refrigerator. Plastic canvas is quick and easy to work with.</p>	
<p>FLORAL WREATH FOR AUTUMN AND HOLIDAYS Date: October 23 Instructor: Norma Wegner Time:1-3:30 p.m. Cost: \$10 for 2 wreath Join us as we get ready for the holidays. All materials are furnished for a fun afternoon. Craft picture on display at the Senior Center.</p>		<p>BEADING- DAISY CHAIN Date: October 16 Instructor: Jan Blain Time:1-3:30 p.m. Cost: \$6.00 Beginner's Welcome!</p> <p>CROCHET: A WATER BOTTLE HODLER Date: October 30 Instructor: Jan Blain Time:1-3:30 p.m. Cost: \$4.00 *YOU MUST KNOW HOW TO DOUBLE CROCHET FOR THIS CLASS.</p>	



City of Mesquite Lifelong Exercise Program

2012 FALL SCHEDULE

September 10 thru December 14, 2012

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 Abs & Buns Intermediate/Advanced (Griseyda) 8-8:45 Beginning Strength & Core (McKel/Griseyda) Intermediate/Adv. Strength & More (Nichole)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda) Gentle Yoga (Terrie) 8-8:45 Beg. Cardio & More (McKel/Griseyda) Adv. Cardio & More (Nichole)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda) 8-8:45 Beginning Strength & Core (McKel/Griseyda) Intermediate/Adv. Strength & More (Nichole)	7-7:45 Abs & Buns Intermediate/Advanced (Griseyda) Gentle Yoga (Terrie) 8-8:45 Beg. Cardio & More (McKel/Griseyda) Adv. Cardio & More (Nichole)	8-8:45 Beginning Strength & Core (Terrie) Intermediate/Adv. Strength & More (Nichole)
9-9:45 Water Aerobics (Maxine) Gentle Yoga (Terrie) Line Dance (Rebecca)	9-9:45 Gentle Aqua (Maxine) ZUMBA <i>(drop-in \$2)</i> (Nichole/Griseyda)	9-9:45 Water Aerobics (Maxine) Gentle Yoga (Terrie) Line Dance (Rebecca)	9-9:45 Gentle Aqua (Maxine) ZUMBA <i>(drop-in \$2)</i> (Nichole/Griseyda)	9-9:45 Water Aerobics (Maxine) Gentle Yoga (Terrie)
10-10:45 Line Dance-II (Rebecca) 10:30-11:15 Chair Exercise (Griseyda/ Senior Center)	10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)	10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12) Line Dance-II (Rebecca) 10:30-11:15 Chair Exercise (Griseyda/Sr Center)	10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12) 10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)	10-10:45 Aqua Aerobics (Shirley) (Begins: 11/1/12) 10:30-11:15 Chair Exercise (Jo Anne/Sr. Center)

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

Lifelong Exercise Program Schedule:

"Zumbathon[®] Charity Event"

"Breast Cancer Awareness Fundraiser"
Thursday, October, 18, 6-8pm @ Rec. Center

"Veteran's Day" Nov. 12, 2012 (no classes)

"Thanksgiving Break" Nov. 19-25, 2012

"Holiday Break" Dec. 15-31, 2012

Session II: Jan. 7-March 29.



MENU



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



MON	TUE	WED	THU	FRI
1 Chicken Parmesan Noodles Vegetable Fruit Homemade Bread Stick	2 Sheppard Pie Carrots Corn Bread Dessert	<i>New</i> 3 Tuna Cesar Wrap Spinach Salad Cheese Stick Dessert	4 Supreme Pizza Garden Salad Cottage Cheese Fruit	5 Chili Baked Potatoes Salad Fruit H/B Vegetable
8 Chicken Pot Pie Salad Fruit HB Vegetable	9 Beef Stroganoff Noodles Green Beans Dessert	10 Sliced Ham Scalloped Potatoes Vegetable Halloween Dessert	11 Parmesan Crusted Tilapia Rice Pilaf Steamed Vegetables Fruit	<i>New</i> 12 Italian Meatballs on a Homemade Roll Green Salad Fruit HB- Vegetable
<i>New</i> 15 Chicken Fajitas Rice Beans Fruit	16 Fish Sandwich Coleslaw Fruit Halloween Dessert	17 Meatloaf Mashed Potatoes & Gravy Vegetables Fruit	18 Philly Cheese Steak French Fries Spinach Salad Dessert Party in Pink™ Breast Cancer Event @ the Rec. Center 6-8pm	19 Chicken Fried Steak Mashed Potatoes Vegetable Fruit
<i>New</i> 22 Stuffed Shells Meat Sauce Salad Fruit Home Made Garlic Knot	23 Pork Roast Red Potatoes Vegetable Dessert	24 Poppy Seed Chicken Rice Vegetable Halloween Dessert	25 Navajo Taco Rice Beans Fruit	26 CLOSED "Nevada Day"
29 BBQ Chicken Mac and Cheese Vegetable Fruit	30 Open Face Turkey Sandwich Mashed Potatoes & Gravy Vegetable Fruit	31 Witch Hair Pasta w/ Eye Balls Witch Finger Garlic Stick Spooky Salad Halloween Dessert Halloween Party Come Dressed up.		

Nutrition Program

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

- Monday through Friday (except holidays)
- Menu is subject to change.
- 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