

# Senior Moments

Kiser Senior Center Newsletter

March 2016

## Primary Elections

The Kiser Senior Center will serve as the polling site for the south side of Bessemer City during the renovation process at the Community Building. As such, the Kiser Senior Center will be closed on Tuesday, March 15<sup>th</sup> for the election. Also, the Monday, March 14<sup>th</sup> evening Line Dance and Tuesday's Yoga will be cancelled, as the Board of Elections will be setting up and breaking down equipment.

This primary election will include the Presidential Preference Primary, State office primaries and Gaston County Commissioner primary. A few things to remember about this election:

- Most voters will be asked to present acceptable photo identification when coming to vote in person. There are a few exceptions, those can be found by checking with the Gaston County Board of Elections.
- Polls will be open for voting from 6:30 a.m. to 7:30 p.m. You must be registered to vote.
- One-stop voting will begin Thurs., March 3<sup>rd</sup> and continue through Sat., Mar. 12<sup>th</sup>. Visit the website at [www.gastoncountyelections.com](http://www.gastoncountyelections.com) for locations and hours of operation.

Election Day is one of the most important times in our country. Don't forget. Exercise your right to vote.

**Kiser Senior Center**  
123 W. Pennsylvania Ave.  
Bessemer City, NC 28016

Phone – 704-729-6465

Email:  
[adora@bessemerncity.com](mailto:adora@bessemerncity.com)



*"Enter as Strangers.....  
Leave as Friends"*

**Event and Senior Program  
Coordinator**

**Adora Alford**

-----  
**Recreation Director**

**Jo D Franklin**

**Recreation Staff**

**Mark Nichols**

**Brandon Willis**

**Carol Clemmer**

-----  
**City Manager**

**James Inman**  
-----

### *March Closings*

March 15 – Election Day

March 25 – Good Friday

## **March Regular Program Schedule**

### **Evening Programs**

4<sup>th</sup> Monday of month – Line Dance – 6:00 PM – March 28<sup>th</sup>

Tuesdays – 5:30 PM – Low Impact Yoga – March 1, 8, 22 & 29.

Fees for all classes will be \$1/class.

### **Daytime March programs are:**

**Morning Exercise** – Tuesday & Friday – 9:00 AM - Exercise done to taped program. No charge for program. Open to public.

**Line Dancing** – will be held every Thursdays at 3 PM Instructor – Judy Haney - \$1 fee.

**Computer Classes** – Thursday, March 10<sup>th</sup> & 24<sup>th</sup> – Computer Chick – Bridgett Martin teacher. Classes begin at 4:00 p.m. Four 30 minutes sessions offered. We have a few laptops for use, but if you have your own, please bring it.

**To sign up, or for more information, call the Kiser Sr. Center at 704-729-6465**



*Put your  
Heart into  
Healthy  
Eating!!*

### **Put Your Heart Into It**

Risk factors for heart disease are well known. High blood pressure, high cholesterol, diabetes, weight – all these increase your personal risk of developing heart disease. A healthy diet can help lower or control these risk factors. So put your heart into healthy eating. Here are a few ways to do just that.

**Plan to eat Heart Healthy** – Put together a plan that offers a balance of calories that are right for you, including vegetables, fruits, whole grains and low/fat-free dairy products. If you live an active lifestyle and need more calories, add lean meats, seafood, unsalted nuts for extra protein. Limit saturated and trans fats, cholesterol, sodium and added sugars. Grill, steam or bake instead of frying.

**Eat Smart** – Use smaller plates to limit portion sizes. Chew slowly and really think about textures and flavors as you eat. Changing your perceptions of how and what you eat can really help.

**Choose Healthy Snacks** – Enjoy treats with fewer calories that fit into your daily eating plan – like a cup of red seedless grapes or a small banana, a cup of cherry tomatoes or five red pepper rings, or a half cup of low/fat-free yogurt. Keep high-fiber, nutritious snacks. Popcorn has fiber and is available in 100-calorie packs and low-fat varieties, or you can choose to air-pop your own.

**Dine Out the Healthy Way** – You can eat healthy in restaurants. Control portion size by eating half the entrée and taking the rest home for another meal. Choose foods broiled or baked or roasted. Ask for low sodium, leave off butter, gravy or dressings.

### **"On the Lighter Side"**

We often hear folks talk about the "good old days", some fondly and some jokingly. Enjoy these reminders of those days gone by.....

Back in my day: We played outside, not online; parents called us in by our names, not on our cell phones, and if you didn't eat what mama cooked, you didn't eat.....

"I remember the good old days, when Snap, Crackle & Pop were sounds I heard in my cereal, not in my bones..."

"Back in the good old days you could tell if someone was "off their rocker" when they walked around talking to themselves...now you have to check twice to be sure they don't have a Bluetooth earbud in".

Wouldn't it be nice to know when we were in the good old days, before we actually left them?

## Gaston County Senior Games...*Believe in Yourself...*

April 5 – May 14, 2016

Entry packets for the 2016 Gaston County Senior Games are available at the Kiser Senior Center. Packets have all pertinent information, including age categories, eligibility information, awards, fees, event addresses, etc.

More detailed information can be obtained at the Gaston County Parks & Recreation Department. Ellen Fenters, Coordinator, can be reached at 704-922-2165 or by email at [Ellen.Fenters@gastongov.com](mailto:Ellen.Fenters@gastongov.com).

### Outside the Lines



“Outside the Lines” is our new adult coloring project. The first event had around 9 participants. This project was fun, relaxing and we were asked to schedule again. The 2<sup>nd</sup> of what we hope will be many more sessions will be held at the Kiser Senior Center

March 17<sup>th</sup> at 6:00 PM

We have all the supplies, pencils, coloring pages and we provide light refreshments.

If you are interested please call or email the senior center and give us your name. The event is held at 6 p.m., allowing some that work the opportunity to join in the program.

### “Let’s Get Cookin”

April 12<sup>th</sup> 10:30 – 12:00

Make plans to join us at the Kiser Senior Center for this 90 minute nutrition program where you’ll refresh your slow-cooking know-how, including food safety information and simple, healthy recipes. Led by Linda Minges, Family & Consumer Science Agent with Gaston County branch of the NC Cooperative Extension Service.

There is no fee for the program, but pre-registration is required by calling the Kiser Senior Center at 704-729-6465 by April 5<sup>th</sup>. This quality program is sponsored by the Kiser Senior Center and NC Cooperative Extension.

### “Seniors Masters Luncheon” - April 7<sup>th</sup> - 11:30 a.m. – 1:00 p.m.

Anyone interested in golf at all looks forward to April to watch the Masters. In keeping with that idea, the Kiser Sr. Center will have what we hope to be the first of many “Seniors Masters” luncheons.

Weather permitting we’ll hold the lunch in the back courtyard. We’ll have a fun time, with a putting green, a few games (guess how many tee’s in jar, etc.), and door prizes. To keep with tradition, we will serve the Augusta National’s famous menu. At the top of the list on the menu is the iconic pimento cheese sandwich, and the equally tasty egg salad sandwich. We’ll serve these two with chips and a cookie. Beverages will be coke, water, tea.

Cost for the luncheon is \$5 and pre-registration is appreciated.



### *Line Dance – Promoting Physical, Mental and Emotional Wellness*

If you are already a line dancer, you know the benefits. It's more than just getting some exercise. You love the music, the confidence that grows from mastering a dance, the friendships that start to form and more. If you're someone contemplating joining a line dance class, below are some great reasons. For those of you already line dancing, know that you're doing one of the best activities you can for total body wellness.

Dancing is a unique form of exercise because it provides the heart-healthy benefits of an aerobic exercise while also allowing you to engage in a social activity and stimulate the mind. An article in the New England Journal of Medicine found dancing can reduce the risk of Alzheimer's disease and other forms of dementia in the elderly. Of all the physical activities studied, the only one that appeared to offer protection against dementia was frequent dancing which lowered the risk by a dramatic 76 percent. Of all the physical activities, dancing involved the most mental effort.

#### **Line Dancing will:**

- 1. Teach you to dance.** Line dancing teaches you to actually move your body.
- 2. Improve your Balance:** teaches you how to maintain your own balance while moving to the beat
- 3. Help you Find the Beat:** Staying on beat (on time) is critical in any dance whether by yourself or with someone else. Learning to find the beat and timing of any dance is critical before getting with a partner.
- 4. Teach you basic footwork.** Learn how to do triple steps, turns and spins, rocking steps and many other steps that you will use in every form of dance.
- 5. Improve your confidence.** Helps overcome feeling of having "two left feet"; Offers sense of pride and accomplishment and improves your coordination.
- 6. Provide you with a dance outlet whether you have a partner or not.** Today, it seems there is a line dance for just about any song you can think of. If not, many line dances are timed that they can fit multiple songs providing you many dance opportunities.
- 7. Provide you a way to practice.** You always hear that practice is necessary to improving your dance but you may not know exactly how to, or what to practice. Line dances are a perfect structured means to practice dance technique.

And the list goes on and on. Take advantage of the opportunities to improve your dance and your health. Join Judy Haney every Thursday at 3 pm and on the second and fourth Monday evenings at 6 pm at the Kiser Senior Center for line dance classes. Cost is \$1 per class. Learn some exciting new dances, have some fun and meet new friends, all while improving your health.



### *Fitness Tips for March*

*We're about to embark on warmer weather, so why not start spring off by adding a few new healthy habits to your life? No need to revamp your entire diet or lifestyle – a few small actions pay off in a big way to boost your health.*

- *Set aside 30 minutes most days for walking – two 15 minute workouts or three 10 minute workouts will work equally as well. 150 minutes in one week is recommended for any health benefits. Every step you take uses up to 200 muscles.*
- *Rise & shine – and eat – Breakfast gets your metabolism going again after a night's rest and gives you adequate energy you need to make it through your morning. (Suggestions – boiled eggs, whole grain toast, fruit or yogurt.)*
- *Take a time-out – Close your eyes and take 10 deep breaths, focused breathing slows your heart rate, calms the body and mind and reduces stress.*

### **Around Town – Local events and happenings that may interest you**

#### **Red Cross Blood Drive – March 15<sup>th</sup> – First Wesleyan Church**

510 E Alabama Ave. 2:00 p.m. – 7:00

**Community Concert & Cruise-In – April 23<sup>rd</sup>** - Downtown Bessemer City – 6:00 p.m. till 10:00 p.m. *The Legacy* will be performing at this first in our series of six Community Concert and Cruise In events. Make plans to join us.

Coming in May – **28<sup>th</sup> Annual Down Home Festival** – May 13<sup>th</sup> & 14<sup>th</sup> – Downtown Bessemer City. Mark your calendars now. Details to follow in coming weeks.



Daylight Savings Time 2016 – Sunday, March 13<sup>th</sup>, turn your clocks – Spring Forward.

**Our Purpose** -The purpose of the Kiser Senior Center is to provide information and services for the senior community of Bessemer City, including opportunities for meaningful leisure and recreational activities, the availability of persons with whom you can share your concerns, and a place of fellowship and understanding. The Kiser Senior Center is made possible through the generous contribution from Dr. Glen A. Kiser and his wife, Muriel C. Kiser.

**Newsletter** – The Kiser Center newsletter “Senior Moments” is published monthly. The newsletter has information on upcoming programs at the center and around Bessemer City as well as a calendar with the activities for the month. “Senior Moments” is available for pick up at the Kiser Senior Center, with the new edition normally ready the week prior to each month. The newsletter is also available by email if you wish to share your address.

# March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

		1 9 a.m. Exercise Class 5:30 p.m. Yoga	2	3 3 p.m. Line Dance	4 9 a.m. Exercise Class	5
6	7	8 9 a.m. Exercise Class 5:30 p.m. Yoga	9	10 3 p.m. Line Dance 4 – 6 Computer	11 9 a.m. Exercise Class	12
13 Daylight Savings Time 	14	15 <b>CLOSED</b> Primary Election	16	17 3 p.m. Line Dance 6 p.m. "Outside the Lines" – Adult Coloring	18 9 a.m. Exercise Class	19
20 <i>Palm Sunday</i> 	21	22 9 a.m. Exercise Class 5:30 p.m. Yoga	23	24 3 p.m. Line Dance 4 – 6 Computer	25 <b>CLOSED</b> Good Friday	26
27 Easter 	28 6 p.m. Line Dance	29 9 a.m. Exercise Class 5:30 p.m. Yoga	30	31 3 p.m. Line Dance		