

The Visitor

YMCA of McDonough County Senior Center
400 East Calhoun Street, Macomb, IL 61455
309-837-5733



July 2018
Issue 7

From the Director's Desk

Greetings,

Recently we traveled by train to Grand Junction, Colorado and then on to Moab, Utah. We met up with some of my family and were very excited because both our boys were there, too.

Our goal was to get to the national parks of Arches and Canyonlands and do some hiking. Though the parks were close together, their topography was quite different. I would have to say my favorite hike was Needles-the views were stunning and the slot canyons were fun to hike through (though I have a little bit of claustrophobia and was glad they were not any narrower!)

Arches National Park had distinctive color, lots of red with surprisingly green vegetation. On our train ride home, we were stuck in Omaha for a day/night. After we hiked around downtown in 90 degree heat we watched Indiana Jones' movies in our hotel room. In the opening scene of the third movie young Indie is riding horses in the countryside and I noticed Balanced Rock and Double Arches in the background; both formations found in Arches NP!

We had a fun-filled week of hiking, horseback riding and rafting, and some of our group did sky diving and rock climbing. If you have never been out west you might want to consider the **Canyon Country** tour the Senior Center is sponsoring September 20-27. The tour dates have changed and there are now openings for the trip.

Canyon Country gets you to the national parks of Grand Canyon, Zion and Bryce Canyon and more! The activity level is a 2, so no worries, sky diving and rock climbing are not included! Contact me if you are interested.

Stay cool-

Cindy Cavett

Senior Farmers' Market Nutrition Program

The Y Senior Center Office will process coupons for the Farmers' Market coupons beginning Monday, July 2. Coupons cannot be used until July 10 and are good through October 31.



Snapshot of the program:

- *Individual must be 60 years of age or older
- *Must reside in McDonough County
- *Must complete a short application and WIAAA Intake form
- *Income must be at or below \$1,872 for a single person or \$2,538 for a couple
- *Booklet is worth \$25 and consists of five(5) five dollar checks.
- *Vendors will not give back change
- *Participating vendors will display a sign that indicates they are an authorized vendor.

House calls for Farmers' Market Coupons

The Senior Center will be making visits to the community rooms of the following senior living facilities:

July 11	Lafayette Square at 1pm
July 12	Grand Prairie at 1pm
July 17	Fitch Manor at 9 am
	Home appts. start at 10am
July 19	Jefferson House at 1pm

This is an opportunity to learn more about the Senior Center and sign up for the Farmers' Market coupons!



Caregiver Support Group

Monday, July 9 at 2pm

This newly revitalized group is off and running. Please consider attending and getting to know the other participants. There is strength in sharing and learning from others! Contact Cindy Cavett at 309-837-5733 if you have questions.

July Birthday Bash!

Monday, July 16, 2018

We are celebrating July birthdays and/or anniversaries with an ice cream social! Enjoy lunch and ice cream with toppings! Whether it is your birthday or not all seniors are invited to celebrate!

Special treat-BINGO-provided by

Heartland

Cost: \$1

Free Bingo for people with July birthdays!

Make your reservation by 1pm,

Friday, July 13, 309-837-5733



Crafting Fun in July!

Card Construction

back by popular demand!

Join Jan for a fun morning of making greeting cards on

Friday, July 13 at 9:30am

Consider making a lunch reservation by calling 837-5733 by 1pm the day before.

Space is limited so sign up today!

Fee: Free



Clay Pot Creations

Monday, July 23 at 10 am

Make this adorable giraffe or paint a garden border!

Paint is supplied, you provide the pots or edging.

Please register for class and

consider staying for lunch! Make your reservation by 1pm Friday, July 20.

NOTICE***NOTICE Senior Center to Canvass

The Senior Center office will be conducting a canvass in McDonough County the months of July and August!

The purpose of this door-to-door canvass is to reach out to older adults and let them know about the services in the community and at the Senior Center that be of help to folks 60+. Brochures and the newsletter will be handed out to help explain the services.

So, if you see someone with a Y shirt and the Y van in your neighborhood you will know what we are doing. Thanks!

NUTRITION CORNER

Fresh produce is abundant this time of year. Here are the Top 10 Reasons to Eat More Fruit and Vegetables:

10. Color and Texture. Fruits and veggies add color, texture...and appeal...to your plate.
9. Convenience. Fruits and veggies are nutritious in any form – fresh, frozen, canned, dried and 100% juice, so they're ready when you are!
8. Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7. Low in Calories. Fruits and veggies are naturally low in calories.
6. May Reduce Disease Risk. Eating plenty of fruits and vegetables may help reduce the risk of many diseases, including heart disease, high blood pressure, and some cancers.
5. Vitamins & Minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. Variety. Fruits and veggies are available in an almost infinite variety... there's always something new to try!
3. Quick, Natural Snack. Fruits and veggies are nature's treat and easy to grab for a snack.
2. Fun to Eat! Some crunch, some squirt, some you peel...some you don't, and some grow right in your own backyard!
1. Fruits and Vegetables are Nutritious and Delicious!

Reprinted from-

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