

Duluth Senior News

Dear Seniors,

I hope this newsletter finds you well and you are planning an exciting New Year! The next Senior luncheon is Friday, January 29, 2010. We will have Richard Williams, a Certified Appraiser as our keynote speaker! Please R.S.V.P. to 770-814-6981 and don't forget to bring a covered dish to share. Mr. Williams will be here to give an approximate appraisal of any of your treasures you bring! Please bring \$5.00 for each item that you would like to have appraised and then sit back and enjoy the show as Mr. Williams gives a short background on the item and a value in today's market! It will be fun and exciting! Please, no jewelry, stamps or coins.

In February we will have our traditional Senior Valentine Dinner Dance in place of our monthly luncheon. We will resume with the traditional Senior Lunch on Friday March 26, 2010.

We are now accepting payment for our FAB Club for 2010. Our office is open between 9am-5pm, Monday thru Friday for your convenience to renew your FAB card! City Residents are \$15.00, Out of City Residents \$20.00 and Out of Gwinnett County Resident \$25.00. We will require a 2010 membership by the end of January to receive all the benefits of the FAB Club! Any questions or concerns regarding all the benefits that you are entitled to please feel free to call Beth Anne Woodruff at 770-814-6981!

Prior to the senior luncheon the board meets and reviews all concerns and upcoming events! Please pass on your suggestions!

Best Wishes!

The City of Duluth Parks & Recreation

Important Dates for 2010



Senior Lunch (11am)

- January 29, 2010
- March 26, 2010

Valentine Dinner Dance

Saturday February 13th
6pm (R.S.V.P.)

\$10 members

\$15 non-members

AARP Tax Prep

2/4/10 - 4/13/10

Tues/Thurs

Noon - 4:00pm

Watercolor for Adults

1/12/10 - 2/16/10

6-7pm

55 Alive Defensive Driving

March 17th & 18th

10am-2pm

R.S.V.P. REQUIRED!

770-814-6981

Senior Programs

Interested in interacting with other seniors in the community? We meet at Bunten Road Park Mon-day thru Friday. All players are welcome. Please bring a sack lunch.

Bridge

Mon(10am-2pm) Wed(10:30am-2pm)

FREE/\$2

Canasta

Tuesday & Friday 10:30am-2:00pm

FREE/\$2

Mah Jongg

Monday 10:30am-2:00pm

FREE/\$2

Badminton

Tuesday/Thursday 11:00am-1:00pm

FREE/\$3

Seniorcise

Low impact aerobic exercise for seniors. Classes run every month throughout the year.

Mon/Wed/Fri 9:30am-10:30am

Fee: \$30/Month(\$5 drop-in fee)

Tiny Stiches

This senior Gwinnett county group is always looking for more people who would like to sew and maybe knit. Come and join these people on the last Tuesday of each month at 10:00am here at Bunten Road Park. Would you like more information? Please feel free to call us at 770-814-6981!

Senior BINGO

Thursday, April 8, 2010

(Please RSVP at 770-814-6981 if you are planning to attend)

FEE: \$3 per member/\$6 non-member for lunch payable at the door.

Senior Lunch

We will have a senior luncheon with a keynote speaker of interest. We supply the main entrée and ask that you bring a covered dish to share. Come and join us as we always have plenty of good food, fun and fellowship. (Please RSVP at 770-814-6981 if you are planning to attend)

January 29th & March 26th

Friday 11am

Members - Free with covered dish

Non-Members - \$5

Those with the last name A-F please bring your favorite dessert, G-R please bring a casserole and those with the last name S-Z please bring a salad to share.

Aluminum Cans ONLY

Ed Gutnecht has graciously offered to pick up cans and take them to be recycled. Please place your cans in the bin located in the kitchen. You may drop your cans off any time Monday thru Friday between the hours of 8am - 5:30pm.



Board Members

Cliff Curtis - Chairman
Ed Gutnecht - Vice Chairman
Herb Link - Secretary/Treasurer
Margaret Herman - Membership Services
Viola Macchio - Social Committee
Marie Boone - Social Committee

Senior Club Registration Form

Applications are processed at the Bunten Road Activity Building
 3180 Bunten Road 770.814.6981 * Monday – Friday from 9:00am to 5:00pm

Fees:

Applicant Name: _____ Phone: _____ Age: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

Emergency Contact: _____ Phone: _____

Returning member _____

New Member _____

City Resident: Yes ___ No ___

Annual January - December 2010

City Limits	\$15
Outside City Limits	\$20
Outside County City	\$25

Membership entitles members to participate in scheduled activities at a reduced activity rate or free. Activity fees will vary with the activities.

Volunteer Information

By completing this volunteer information you are not obligated. If you are unable to help, just indicate no thanks.

_____ Senior Club board member

_____ Luncheons

_____ Special Events (evenings/weekends)

_____ I'll try anything

RELEASE OF LIABILITY

The above named student and/or his parents hereby release and hold harmless the City of Duluth with respect to any claims, losses, damages, cost or injuries caused by or in any way resulting from the activities of the student in connection with classes conducted by the Parks and Recreation Department of the City of Duluth. The above named student and/or parents further agree to indemnify and hold the City harmless with respect to any claims, losses, damages, cost or injuries caused by or in any way resulting from the activities of the above named student while participating in the above named class sponsored by the City of Duluth Parks and Recreation Department and the student and/or parents will defend the City against any such claim, suit or cause of action brought by anyone against the City as a result of actions of the above named student while participating in the above-referenced class.

Applicant/Parent Signature: _____

Date: _____

January 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<i>1</i> CLOSED	<i>2</i>
<i>3</i>	<i>4</i> <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:00 Mah Jongg 10:30-2:00	<i>5</i> Badminton 11:00-1:00 Canasta 10:30-2:00	<i>6</i> <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30	<i>7</i> Badminton 11:00-1:00	<i>8</i> <i>Seniorcise</i> 9:30-10:30am Canasta 10:30-2:00	<i>9</i>
<i>10</i>	<i>11</i> <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:00 Mah Jongg 10:30-2:00	<i>12</i> Badminton 11:00-1:00 Canasta 10:30-2:00	<i>13</i> <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30	<i>14</i> Badminton 11:00-1:00	<i>15</i> <i>Seniorcise</i> 9:30-10:30am Canasta 10:30-2:00	<i>16</i>
<i>17</i>	<i>18</i> CLOSED	<i>19</i> Badminton 11:00-1:00 Canasta 10:30-2:00	<i>20</i> <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30	<i>21</i> Badminton 11:00-1:00	<i>22</i> <i>Seniorcise</i> 9:30-10:30am Canasta 10:30-2:00	<i>23</i>
<i>24</i>	<i>25</i> <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:00 Mah Jongg 10:30-2:00	<i>26</i> Badminton 11:00-1:00 Canasta 10:30-2:00 Tiny Stitches 10:00am	<i>27</i> <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30	<i>28</i> Badminton 11:00-1:00	<i>29</i> <i>Seniorcise</i> 9:30-10:30am Canasta 10:30-2:00 Senior Lunch 11:00am	<i>30</i>
<i>31</i>						

February 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>1</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Bridge 10:00-2:00</p> <p>Mah Jongg 10:30-2:00</p>	<p><i>2</i></p> <p>Badminton 11:00-1:00</p> <p>Canasta 10:30-2:00</p> <p>AARP Tax Prep Noon-4:00pm</p>	<p><i>3</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Bridge 10:00-2:30</p>	<p><i>4</i></p> <p>Badminton 11:00-1:00</p> <p>AARP Tax Prep Noon-4:00pm</p>	<p><i>5</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Canasta 10:30-2:00</p>	<p><i>6</i></p>
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<p><i>14</i></p>	<p><i>15</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Bridge 10:00-2:00</p> <p>Mah Jongg 10:30-2:00</p>	<p><i>16</i></p> <p>Badminton 11:00-1:00</p> <p>Canasta 10:30-2:00</p> <p>AARP Tax Prep Noon-4:00pm</p>	<p><i>17</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Bridge 10:00-2:30</p>	<p><i>18</i></p> <p>Badminton 11:00-1:00</p> <p>AARP Tax Prep Noon-4:00pm</p>	<p><i>19</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Canasta 10:30-2:00</p>	<p><i>20</i></p>
<p><i>21</i></p>	<p><i>22</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Bridge 10:00-2:00</p> <p>Mah Jongg 10:30-2:00</p>	<p><i>23</i></p> <p>Badminton 11:00-1:00</p> <p>Canasta 10:30-2:00</p> <p>Tiny Stitches 10:00am</p> <p>AARP Tax Prep Noon-4:00pm</p>	<p><i>24</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Bridge 10:00-2:30</p>	<p><i>25</i></p> <p>Badminton 11:00-1:00</p> <p>AARP Tax Prep Noon-4:00pm</p>	<p><i>26</i></p> <p><i>Seniorcise</i> 9:30-10:30am</p> <p>Canasta 10:30-2:00</p>	<p><i>28</i></p>
<p><i>28</i></p>						

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:00 Mah Jongg	2 Badminton 11:00-1:00 Canasta 10:30-2:00 AARP Tax Prep Noon-4:00pm	3 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30	4 Badminton 11:00-1:00 AARP Tax Prep Noon-4:00pm	5 <i>Seniorcise</i> 9:30-10:30am Canasta 10:30-2:00	6	
7	8 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:00 Mah Jongg 10:30-2:00	9 Badminton 11:00-1:00 Canasta 10:30-2:00 AARP Tax Prep Noon-4:00pm	10 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30	11 Badminton 11:00-1:00 AARP Tax Prep Noon-4:00pm	12 <i>Seniorcise</i> 9:30-10:30am Canasta 10:30-2:00	13	
14	15 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:00 Mah Jongg 10:30-2:00	16 Badminton 11:00-1:00 Canasta 10:30-2:00 AARP Tax Prep Noon-4:00pm	17 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30 55 Alive 10am-2pm	18 Badminton 11:00-1:00 55 Alive 10am-2pm AARP Tax Prep Noon-4:00pm	19 <i>Seniorcise</i> 9:30-10:30am Canasta 10:30-2:00	20	
21	22 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:00 Mah Jongg 10:30-2:00	23 Badminton 11:00-1:00 Canasta 10:30-2:00 AARP Tax Prep Noon-4:00pm	24 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30	25 Badminton 11:00-1:00 AARP Tax Prep Noon-4:00pm	26 <i>Seniorcise</i> 9:30-10:30am Canasta 10:30-2:00 Senior Lunch 11:00am	27	
28	29 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:00 Mah Jongg 10:30-2:00	30 Badminton 11:00-1:00 Canasta 10:30-2:00 Tiny Stitches 10:00am AARP Tax Prep Noon-4:00pm	31 <i>Seniorcise</i> 9:30-10:30am Bridge 10:00-2:30	Please bring your membership card with you. All guests will pay a drop in fee.			

Exercise and Physical Activity: Getting Fit For Life

You don't need to buy special clothes or belong to a gym to become more active. Physical activity can and should be part of your everyday life. Find things you like to do. Go for brisk walks. Ride a bike. Dance. Work around the house. Garden. Climb stairs. Swim. Rake leaves. Try different kinds of activities that keep you moving. Look for new ways to build physical activity into your daily routine.

Four Ways to Be Active

To get all of the benefits of physical activity, try all four types of exercise – 1) endurance, 2) strength, 3) balance, and 4) flexibility.

1. Try to build up to at least 30 minutes of activity that makes you breathe hard on most or all days of the week. Every day is best. That's called an **endurance** activity because it builds your energy or "staying power." You don't have to be active for 30 minutes all at once. Ten minutes at a time is fine. How hard do you need to push yourself? If you can talk without any trouble at all, you are not working hard enough. If you can't talk at all, it's too hard.
2. Keep using your muscles. **Strength** exercises build muscles. When you have strong muscles, you can get up from a chair by yourself, you can lift your grandchildren, and you can walk through the park. Keeping your muscles in shape helps prevent falls that cause problems like broken hips. You are less likely to fall when your leg and hip muscles are strong.
3. Do things to help your **balance**. Try standing on one foot, then the other. If you can, don't hold on to anything for support. Get up from a chair without using your hands or arms. Every now and then walk heel-to-toe. As you walk, put the heel of one foot just in front of the toes of your other foot. Your heel and toes should touch or almost touch. **Stretch**. Stretching can help you be more flexible. Moving more freely will make it easier for you to reach down to tie your shoes or look over your shoulder when you back the car out of your driveway. Stretch when your muscles are warmed up. Don't stretch so far that it hurts.

Who Should Exercise?

Almost anyone, at any age, can do some type of physical activity. You can still exercise even if you have a health condition like heart disease or diabetes. In fact, physical activity may help. For most older adults, brisk walking, riding a bike, swimming, weight lifting, and gardening are safe, especially if you build up slowly. But, check with your doctor if you are over 50 and you aren't used to energetic activity.

Safety Tips

Here are some things you can do to make sure you are exercising safely:

- Start slowly, especially if you haven't been active for a long time. Little by little build up your activities and how hard you work at them.
- Don't hold your breath during strength exercises. That could cause changes in your blood pressure. It may seem strange at first, but you should breathe out as you lift something, and breathe in as you relax.
- Use safety equipment. For example, wear a helmet for bike riding or the right shoes for walking or jogging.
- Unless your doctor has asked you to limit fluids, be sure to drink plenty when you are doing activities. Many older adults don't feel thirsty even if their body needs fluids.
- Always bend forward from the hips, not the waist. If you keep your back straight, you're probably bending the right way. If your back "humps," that's probably wrong.
- Warm up your muscles before you stretch. Try walking and light arm pumping first. Exercise should not hurt or make you feel really tired. You might feel some soreness, a little discomfort, or a bit weary, but you should not feel pain. In fact, in many ways, being active will probably make you feel better.

*National Institute on Aging
U.S. Department of Health and Human Services
Public Health Service
National Institutes of Health*



Duluth
Capture the Spirit
of Good Living

Seniorcise

FREE

Month

Come participate in one free month of seniorcise.

Tel: 770-814-6981

Expiration Date: 3/31/2010

Mission Statement:

The City of Duluth Parks and Recreation will provide the optimum recreational facilities with quality programs to ensure the standard of excellence for all the citizens of Duluth.

FACILITY RENTAL INFORMATION

The City of Duluth Parks and Recreation offer meeting space for weddings, receptions, luncheons, dinners, training seminars and other business or personal needs. For rental fees, please contact (770) 497-5326 or email parksandrecreation@duluthga.net.

PARK PAVILION RENTALS

You may be interested to know that many area parks have pavilions that may be rented for family gatherings, birthday parties and company picnics. Park pavilions are a popular choice for events from March-October, so please make your reservation by calling (770) 814-6981.

TENNIS COURT RENTALS

Tennis courts may be rented by individuals, Junior & adult ALTA & USTA teams, as well as other singles and doubles leagues. To make reservations call (770) 497-5329.



3180 Buntzen Road - Duluth, GA 30096 - (770) 814-6981

“Capture The Spirit of Play”