

Senior Adult Wellness Health Herald


Foothills
Park & Recreation District



FEBRUARY 2012

FEBRUARY IS AMERICAN HEART MONTH!

Heart Disease is the leading cause of death in the US and is a major cause of disability – about every 25 seconds, an American will have a coronary event and about every minute, one will die from a coronary event.

Some heart attacks are sudden and intense; however, most heart attacks start slowly, with mild pain or discomfort. Often people affected aren't sure what's wrong and wait too long before getting help.

Getting immediate help is crucial to positive outcomes.

Know the signs and symptoms of heart attack & call 9-1-1 immediately!

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- Shortness of breath. May occur with or without chest discomfort.
- Other signs. These may include breaking out in a cold sweat, nausea, or lightheadedness.

Take steps to prevent and control factors that put you at greater risk.

- Eat a healthy diet.
- Maintain a healthy weight.
- Exercise regularly (at least 30 minutes moderate-intensity exercise on most days of the week).
- Don't smoke.
- Avoid drinking too much alcohol, which causes high blood pressure.

Prevent or treat medical conditions to minimize your risk.

- Know & manage cholesterol & blood pressure levels.
- Maintain a healthy body weight.
- Manage diabetes.
- Take medicine as prescribed-ask questions if you don't understand something. *Make sure all doctors are aware of all the medications and supplements you're taking!*
- Talk with your health care provider. Discuss your treatment plan regularly and bring a list of questions to your appointments.

JOIN US FOR VINO & VALENTINES!

FRIDAY, FEB 10

7 – 9 p.m. at Peak Community & Wellness Center

Wine sampling, appetizers & live entertainment!

Fee: \$12 (District Rate: \$10) Register for

If you have questions or would like more information about Senior Adult Programming, please contact: ANN SCHUL at 303-409-2264 or anns@fhprd.org, or visit www.foothills.org.

FEBRUARY NOTES

TUE, FEB 7: GAME TIME – FREE!

10 a.m. - Noon at Peak Community & Wellness Center

WED, FEB 8: POTLUCK & PRESENTATION – FREE!

12:30 – 2 p.m. Peak Community & Wellness Center

“Ageless Grace” presented by Sandy Enke

Learn different anti-aging techniques, such as joint mobility, spinal flexibility, right-left brain coordination, kinesthetic learning, cognitive function, systemic health, balance, self-esteem, confidence and playfulness.

A-K: Desserts • L-R: Main Dish • S-Z: Salad/Side Dish



FRI, FEB 10: VINO & VALENTINES

7 – 9 p.m. Peak Community & Wellness Center

“Swing” into the Peak for a toe-tapping night of appetizers, wine & live entertainment provided by Bob’s Big Band and the Jeweltones! Wine provided by Ken Caryl Wine & Spirits.

Fee: \$12 (District Rate: \$10) Register for #4872-1

WED, FEB 17: RECIPE ORGANIZATION

10 a.m. – 12 p.m. at Peak Community & Wellness Center

Gather up your recipe index cards & notes scattered throughout your kitchen and our workshop will help you put it all together! Workshop taught by Inge Crocker, professional home & office organizer.

Fee: \$19 (District Rate: \$15) Register for #4874-1

TUE, FEB 28: HEALTH & WELLNESS TALK – FREE!

11:30 a.m. – 12:30 p.m. Peak Community & Wellness Center

“Home Fitness!” presented by Karen Kramburg, certified fitness professional. Tips to help you keep your fitness goals on track for days when you can’t get to the gym, like on Colorado SNOW days!”

RSVP: 303-409-2264

COMING IN MARCH

FRIDAYS, MAR 2 – 23: COMPUTER CLASSES

3 – 5 p.m. Peak Community & Wellness Center

Introductory computer classes provided by Jefferson County Public Library.

Fee: \$5 (District Rate: \$3) *Free for AO/SS participants!*

TUE, MAR 6: GAME TIME – FREE!

10 a.m. - Noon at Peak Community & Wellness Center

WED, MAR 14: SENIOR ADULT POTLUCK – FREE!

12:30 – 2 p.m. Peak Community & Wellness Center. “Guesstures”

THU, MAR 15: CASINO TRIP

11 a.m. – 5 p.m. meet at Peak Community & Wellness Center

Fee: \$7 (District Rate: \$5) Register for #4851-1

FRI, MAR 16: WINTER/SPRING HIKE CLUB!

9 – 11 a.m. meet at designated trailheads. Club will meet the 1st & 3rd Fridays at designated trailheads during MAR 16 – MAY 18.

Fee: \$7 (District Rate: \$5) Register for #4882-1

TUE, MAR 27: HEALTH & WELLNESS TALK – FREE!

11:30 a.m. – 12:30 p.m.

“Living an Inspired & Intentional Life” presented by Barb Lotze of Visiting Angels.