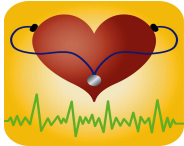


# COMMUNITY & SENIOR CENTER

## “Heart Walk”

*The City of Mesquite Athletics and Leisure Services Department along with Mesa View Regional Hospital invites you to join us for the:*

**8<sup>th</sup> Annual “Mesquite Heart Walk” February 16, 2012**



The 5k (3.2 Mile) Starts at:  
The Mesquite Recreation Center, 9 a.m.  
Registration Begins at 8:30 a.m.  
Ends: Mesa View / Quick Care Facility



Participants will receive a “Stainless Steel Beverage Container” (while supplies last). Everyone is invited and there is no cost to participants. Transportation back to the Mesquite Recreation Center is provided by the Silver Rider Bus Company (free of charge). The American Cancer Society will have information about the Relay for Life in May.

## A Special

### THANK YOU!!!!

Our deepest gratitude goes to our dear friend and volunteer

### THOMAS GARRARD

Thomas has been volunteering his time along with money donation at the Senior Center for years. He is our biggest contributor for the Thanksgiving Dinner and has recently purchased 2 food warmer for the center.

## Fibromyalgia and Exercise

Fibromyalgia (FM) is a condition characterized by muscle and joint pain, stiffness and fatigue. The cause of FM is unknown, but it affects millions of Americans, with most cases diagnosed affecting women. One frustration for people with FM is the difficulty in diagnosing the condition. There is no single physiological test used for FM diagnosis; however, physicians now have specific criteria that can be used to identify the condition.

There is no know cure for FM, so disease management is the standard approach to treatment. Those with FM often avoid exercise because of their perception that exercise could exacerbate symptoms; thus, many FM patients are quite deconditioned. In reality, many people find some relief of FM symptoms from regular moderate exercise. Aerobic exercise can take many forms, so FM patients can search for the activity that best suits their lifestyle and is least likely to result in a flare-up of symptoms. Walking is the most commonly chosen aerobic activity because of its low impact nature and the ease with which people can fit it into daily life. Water-based activities also are popular for FM patients. The ease of movement in water and the warmth of the water make swimming and /or water aerobics the choice for many. Some fitness facilities offer water activity classes specifically for individuals with joint and / or muscle problems. Such classes not only provide an opportunity for activity but also give FM patients social support and encouragement.

Because joint stiffness is a common complaint of those with FM, stretching is a logical activity choice. Stretching, sometimes called range of motion (ROM) exercises, can be performed throughout the day and does not have to be tied to a specific workout time. Generally, ROM exercises can be performed on a daily basis. Stretches should be held for 10 to 30 seconds at a position that elicits gentle tension but not strain. Both upper and lower body exercises should be performed, with particular attention paid to problem areas. As is true for aerobic exercise, fitness facilities sometimes offer stretching and strengthening classes specifically designed for people with joint and muscle disease.

Developing good muscle strength is important for overall health and for performing activities of daily living, but those with FM have to be careful not to overstrain muscles. Many different approaches to strength training can be taken (weight machines, resistance bands, etc.). The key is to find what works best for a given individual. Sets of exercises should be performed on a regular basis (2 to 3 times per week) and should include upper and lower body muscles. However, repetitions of a giving exercise should not be performed to 100% muscle fatigue.

Fibromyalgia presents itself differently among individuals, so no one specific exercise approach can be used for all people with FM. For those living with FM, two keys to starting an exercise program are beginning with activity that is well within one's ability and progressing slowly. Close monitoring of muscle pain using a daily pain diary can be useful in identifying exercises that lead to flare-ups. Fitness and/ or medical professionals who have experience working with FM clients can provide expert advice about how to individualize an exercise program based on needs.

**FEBRUARY  
2012**

# MENU

Lunch Served from 11 a.m. to 12:30 p.m.

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|--|--|--|---|
|   |  | 1<br>Ham and Cheese<br>Calzones, Three<br>Bean Salad, Straw-<br>berry Green Salad,<br>Red Grapes | 2<br>Homemade<br>Lasagna, Garlic<br>Bread, Green Salad,<br>Fruit Cocktail<br>(Fruit/Veggie Bar)  | 3<br>Chicken Fried Steak,<br>Mashed Potatoes<br>w/gravy, Carrots,<br>Applesauce |
| 6<br>Parmesan Chicken,<br>w/Noodles, Peas<br>and Carrots, Garlic<br>Bread,<br>Pears | 7<br>Hot Turkey<br>Stuffing w/Gravy,<br>Green Beans,<br>Homemade Roll,<br>Peaches,<br>(Fruit/Veg. Bar) | 8<br>Supreme Pizza<br>Green Salad,<br>Beets,<br>Jello Cups                                       | 9<br>Fish & Chips,<br>(French Fries),<br>Coleslaw, Peanut<br>Butter Cookie<br>(Fruit/Veggie Bar)   | 10<br>Baked Ham,<br>Sweet Potato,<br>Green Beans,<br>Texas Sheet Cake           |
| 13<br>Meat Enchiladas,<br>Rice,<br>Bean,<br>Fruit Salad                             | 14<br><b>Pot Roast,<br/>Red Potatoes,<br/>Carrots, WW Roll,<br/>Valentine Cookie</b>                   | 15<br>BBQ Chicken,<br>Mac and Cheese,<br>Broccoli,<br>Fresh Fruit                                | 16<br>Crispy Pork Chops,<br>Mashed Potatoes,<br>w/Gravy, Broccoli,<br>Strawberry Shortcake<br>(Fruit/Veggie Bar)   | 17<br>Lemon Fish,<br>Rice Pilaf, Mixed<br>Vegetables,<br>Applesauce             |
| 20<br><b>Senior<br/>Center<br/>Closed</b>   | 21<br>Home Made<br>Potato soup,<br>WW Roll, Green<br>Salad/Ranch, Pears<br>(Fruit/Veggie Bar)          | 22<br>Meatloaf,<br>Mashed Potatoes,<br>w/Gravy, Carrots,<br>Spiced Apple Slices                  | 23<br>Swiss Steak,<br>Rice, Green Beans,<br>Homemade Roll,<br>Mixed Fruits<br>(Fruit/Veggie Bar)   | 24<br>Dutch Oven Chicken,<br>Dutch Oven Potatoes,<br>Carrots,<br>Apricots       |
| 27<br>Chicken Pot Pie,<br>Spinach Salad,<br>Broccoli,<br>Mixed Fruits               | 28<br>Navajo Tacos,<br>Rice, Beans,<br>Homemade Salsa,<br>Tapioca Pudding<br>(Fruit/Veggie Bar)        | 29<br>Baked Potato<br>w/Homemade Chili,<br>Cauliflower,<br>Brownie Square                        | <b>ATTENTION PATRONS</b><br>Mr.GaryEsary kindly donated the Fruit/Vegetable Bar for the month of February. The Fruit/Veggie Bar will be provided <u>Tuesday</u> and <u>Thursday</u> (while supplies last) with the exception of Valentine's Day. Without the help of donations there will be no green salad/ dressings added to menu bar. Sorry for the inconvenience. |   |

**Nutrition Program**

Lunch is served from 11:00 am to 12:30 pm,

- 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.

**Food Allergy Notice**

Food items may contain these or other allergy causing ingredients:

Nuts, Milk, Eggs, Wheat, Soybeans, Peanuts, Fish, and

**Quilt Group**

Meets the first 3 Wednesday's each month.

First Wednesday From 12:30 to 3:30

“Sew and Tell”

Second Wednesday from 10:00 am to ?

“Quilting for others”

Third Wednesday from 10:00 to 3:30

# SENIOR NEWS/TRIPS

## PROGRAMS

|  |   |   |
|--|---|---|
| <p><b>Mesquite High Roller Club</b><br/> <b>Meetings:</b> First Tuesday of Month<br/> <b>Time:</b> 7 p.m.</p> <p>Do you like to ride motorcycles, if so, check out the Mesquite High Rollers Motorcycle Club. For more information contact: George at 346-3440 or email: gfean@hotmail.com</p> | <p><b>Senior Law Services</b><br/>                 The 2nd Wednesday of Month<br/>                 Time: 11:30 to 12:30</p> <p>You will need to make an appointment And you can do so by calling 346-5290. Or coming in to the Senior Receptionist.</p> | <p><b>Norma's Scrapbooking</b><br/>                 Every Friday<br/>                 Time: 1:00 to 3:00</p> <p>\$10.00 for the basic Materials: Bring photos for 10 pages Sign up required week prior.</p> |
|--|---|---|


## EXCURSIONS

|  |  |  |
|--|--|--|
| <p><b>February 10</b><br/> <b>Outdoor Swap Meet (Broad Acres)</b><br/>                 Departure: 9:00 a.m.<br/>                 Return: 3:00 p.m.<br/>                 Location: Las Vegas, NV<br/>                 Fee: \$15.00 (Transportation)<br/>                 Cost is \$2.00 to get in</p> | <p><b>February 22</b><br/> <b>Aliante Station</b><br/>                 Departure: 9:00 a.m.<br/>                 Return: 5:00 p.m.<br/>                 Location: Las Vegas, NV<br/>                 Fee: \$15.00 (Transportation)</p> | <p><b>March 9</b><br/> <b>Las Vegas Quilt Show (Henderson NV)</b><br/>                 Departure: 9:00 a.m.<br/>                 Return: 5:00 p.m.<br/>                 Location: Las Vegas, NV<br/>                 Fee: \$15.00 (Transportation)</p> |
|--|--|--|

## 2012 AARP TAX-AIDE

|             |           |         |
|-------------|-----------|---------|
| February 14 | Tuesday   | 8am-3pm |
| February 15 | Wednesday | 8am-3pm |
| February 16 | Thursday  | 8am-3pm |
| February 21 | Tuesday   | 8am-3pm |
| February 22 | Wednesday | 8am-3pm |
| February 23 | Thursday  | 8am-3pm |
| March 6     | Tuesday   | 8am-3pm |
| March 7     | Wednesday | 8am-3pm |
| March 8     | Thursday  | 8am-3pm |
| March 13    | Tuesday   | 8am-3pm |
| March 14    | Wednesday | 8am-3pm |
| March 15    | Thursday  | 8am-3pm |
| April 3     | Tuesday   | 8am-3pm |
| April 4     | Wednesday | 8am-3pm |
| April 5     | Thursday  | 8am-3pm |

**Beading 1**  
 2 Strand pearl and crystal Bracelet




Date: February 14  
 Time: 1:00 to 3:00 p.m.  
 Cost is 8.00 (Beginners Welcome)

**Beading 2- Intermediate level**  
 Peyote American Fly Bracelet



Time: 1:00 to 3:00  
 Date: February 28  
 Cost: \$5.00

**Valentine Card Embroidery**



Date: Tues, February 7  
 Time: 1:00 to 3:00 p.m.  
 Cost: 1 for \$3.00  
 2 for \$4.00  
 Create a one of a kind gift

**Crohook- Feather Stitch**



Time: 1:00 to 3:00 p.m.  
 Date: February 21  
 Cost: \$4.00 for class  
 \$6.00 if you need Crohook

**Alzheimer's Support Group Meeting**  
 Mesquite Senior Center Library  
 Tuesday, February 14 from 2-3 p.m.  
 Contact: Terra Shreve, 702-346-7666

Support meeting for those caring for loved ones with Alzheimer's or related Dementia.  
 Speaker: Brad Easton, LCSW  
 Mesquite Behavioral Health Center.

## CARDS AND TILE GAMES

|  |  |  |   |  |
|--|--|--|---|--|
| <p><b>Monday</b><br/>                 Open Pinochle<br/>                 Time: 8 a.m.-4 p.m.</p> | <p><b>Tuesday</b><br/>                 Mexican Train<br/>                 Dominos<br/>                 Mah-Jongg<br/>                 Time: 12-3:30 p.m.</p> | <p><b>Wednesday</b><br/>                 Open Pinochle<br/>                 Time: 8 a.m.-4 p.m.<br/>                 Mah-Jongg<br/>                 Time: 12-3:30 p.m.</p> | <p><b>Thursday</b><br/>                 Mah-Jongg<br/>                 Time: 12:30-3:30 p.m.<br/>                 Cribbage<br/>                 Time: 12:30-3:30 p.m.</p> | <p><b>Friday</b><br/>                 Pinochle<br/>                 Time: 8 a.m.-3:30 p.m.<br/>                 Canasta &amp; Mah-Jongg<br/>                 Time: 12:30-3:30 p.m.</p> |
|--|--|--|---|--|



# City of Mesquite Lifelong Exercise Program

## 2012 Winter/Spring SCHEDULE

January 3 thru March 30, 2012

Senior classes held daily from 8-11:45 a.m. (Free to pass-holders/\$5 per class for non-pass holders/ Fee per session)

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <p><b>8-8:45</b><br/>Beginning Strength/<br/>Core Conditioning<br/>(Griseyda)</p> <p>Intermediate/Adv.<br/>Strength/Core<br/>Conditioning<br/>(Nichole)</p> | <p><b>8-8:45</b><br/>Beg. Cardio &amp; More<br/>(Griseyda)</p> <p>Intermediate/<br/>Advanced<br/>Cardio &amp; More<br/>(Nichole)</p> | <p><b>8-8:45</b><br/>Beginning Strength/<br/>Core Conditioning<br/>(Griseyda)</p> <p>Intermediate/Adv.<br/>Strength/Core<br/>Conditioning<br/>(Nichole)</p>                 | <p><b>8-8:45</b><br/>Beg. Cardio &amp; More<br/>(Griseyda)</p> <p>Intermediate/<br/>Advanced<br/>Cardio &amp; More<br/>(Nichole)</p>                       | <p><b>8-8:45</b><br/>Beginning Strength/<br/>Core Conditioning<br/>(Griseyda)</p> <p>Intermediate/Adv.<br/>Strength/Core<br/>Conditioning<br/>(Nichole)</p> |
| <p><b>9-9:45</b><br/>Water Aerobics<br/>(Maxine)</p> <p>Tai-Chi<br/>(Nichole)</p> <p>Line Dance-I<br/>(Rebecca-Dance Room)</p>                              | <p><b>9-9:45</b><br/>Gentle Aqua<br/>(Maxine)</p> <p>ZUMBA<br/>(Nichole/Griseyda)</p>  | <p><b>9-9:45</b><br/>Water Aerobics<br/>(Maxine)</p> <p>Tai-Chi<br/>(Nichole)</p> <p>Line Dance-I<br/>(Rebecca-Dance Room)</p>  | <p><b>9-9:45</b><br/>Gentle Aqua<br/>(Maxine)</p> <p>ZUMBA<br/>(Nichole/Griseyda)</p>  | <p><b>9-9:45</b><br/>Water Aerobics<br/>(Maxine)</p>  |
| <p><b>10-10:45</b><br/>Line Dance-II<br/>(Rebecca-West Gym)</p> <p><b>10:30-11:15</b><br/>Chair Exercise<br/>(Jo Anne/Senior Center)</p>                    | <p><b>10-10:45</b><br/>Yoga<br/>(Mandy Muir)</p> <p><b>10:30-11:15</b><br/>Chair Exercise<br/>(Griseyda/Sr. Center)</p>              | <p><b>10-10:45</b><br/>Line Dance-II<br/>(Rebecca-West Gym)</p> <p>Aqua Aerobics<br/>(Shirley)</p> <p><b>10:30-11:15</b><br/>Chair Exercise<br/>(Jo Anne/Senior Center)</p> | <p><b>10-10:45</b><br/>Yoga<br/>(Mandy Muir)</p> <p>Aqua Aerobics<br/>(Shirley)</p> <p><b>10:30-11:15</b><br/>Chair Exercise<br/>(Griseyda/Sr. Center)</p> | <p><b>10-10:45</b><br/>Aqua Aerobics<br/>(Shirley)</p> <p><b>10:30-11:15</b><br/>Chair Exercise<br/>(Jo Anne/Senior Center)</p>                             |

### Lifelong Exercise Program Membership Fee:

(Classes Only)

|               |           | Member | Non-member |
|---------------|-----------|--------|------------|
| 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.

Classes held from 8am-11:45am at the Recreation Center.

**SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE**

### NEW GENTLE YOGA CLASS

Monday & Wednesday at 7 a.m.

Instructor: Terrie McArthur

### Lifelong Exercise Program Schedule:

April 2012: Programs Break

Session 3: May 1-July 27, 2012

### **NO CLASSES:**

“Heart Walk”-Thursday, February 16, 2012

“President’s Day”-Monday, February 20, 2012