



NEW FOR MAY

It's hard to believe that it's May already, especially with the memories of our terrible winter still so fresh in our minds. But we've made it and it's May with all of the beautiful spring flowers blooming, Mother's Day and Memorial Day, which has become the unofficial start of summer and beach and barbecue season.

How about getting out and enjoying the beautiful weather by joining our walking club?

Whether you are just beginning or are already a regular walker, there is nothing like joining a few new friends for conversation and a healthy walk at your own pace. Group meets on Tuesdays and Thursdays following lunch. Come in now and sign up and get started.

BETTER BUSINESS BUREAU PROGRAM

With the arrival of better weather many of us start thinking about making those much needed repairs to our homes. But do you know how to find a reputable contractor? Maybe you need to buy a new appliance or car, but with dollars so tight these days we have to make sure that we are dealing with a respectable professional. How can we be sure that we are making the correct choices? Well, a good place to start is by checking with your

local Better Business Bureau. For years they have been doing our homework for us and keeping track of local businesses, contractors, and other professionals. Please join us on Thursday, May 26 when Elaine from the BBB will be here to tell us all that we need to know about the latest scams and practices as well as how to check on a company or service provider, before we make that purchase. Consider signing up for lunch and staying to enjoy this informative program.

COMBAT LOW BACK PAIN

Stresses such as poor posture, unusual movement or a sedentary lifestyle can lead to poor body mechanics and pain. According to the Arthritis Foundation back pain affects 80% of adults at some point in their lives. Everyone has physical limitations that can lead to body imbalances. Do your muscles feel tight or weak? Do you use poor body mechanics when lifting objects? Correcting these imbalances is essential.

Here are some recommendations to prevent and reduce low back pain.

Make yourself mobile- To increase mobility you need to stretch daily and get your body moving in different directions. Try a Yoga or Tai Chi Class offered at your Senior Center.

Increase Strength- Exercises should involve the whole body, especially the core muscles of the stomach, back, hips, and pelvis. Strengthening the legs and shoulders help you squat and lift correctly. Strength training classes are also available at your Senior Center. Check the schedule in this newsletter.

Add Aerobic Activity- Walk or swim at least 20 minutes 3 times a week to increase muscle endurance.

Pay attention to posture-When seated; keep knees and hips at right angles. Use a chair with good lumbar support. Stand straight. Line up ears, shoulders, hips, and knees. Keep stomach tight. Do not sit without standing and stretching for more than 20 minutes at a time.

When lifting use a wide stance with a slight bend at the knees and hips. Tighten stomach muscles and keep back as flat as possible-do not arch or bend back. Carry heavy objects as close to the body as possible.

Sleep on a firm mattress. Try to sleep in a position that allows a natural curve of your back.

Yours in Fitness,
Eva

We Salute Their Bravery



VERTIGO AND BALANCE PROGRAM

Dmitri, of Vantage Sports and Rehab in Palmer will be here on May 5 at 12:30 PM to talk on Vertigo and Balance problems. As many of you know, while not life threatening, these problems can make a significant impact on quality of life. The good news is that there are many available treatments out there to get you back on your feet again. Mark your calendars, and stop in and hear about what can be done about this very serious problem.

GRANDPARENTS RAISING GRANDCHILDREN

If you are a grandparent struggling to raise your grandchild, or if you are concerned about the health and safety of your grandchild, you are not alone, there are places you can turn to. For information on Custody, Finances, or Support, go to: www.Mass.gov/elders and go to Grandparents page.

May 2011

WALES SENIOR CENTER

413-245-9683

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Please talk to the cook if you have any food allergies.	2 <i>Pitoh League- 12:30</i>	3 Beef Stew, Bread, Brownie	4 <i>Food Pantry- 10-12 Arthritis Exercise- 11</i>	5 Baked Ziti & Sausage, Salad, Ice Cream Yoga-10 Strength Class-11 Balance Program	6	7
8	9 <i>Pitoh League- 12:30</i>	10 Ham & Beans, Cornbread, Carrots, Cake	11 <i>Food Pantry 10-12 Arthritis Class- 11</i>	12 Shepard's Pie, Fruit. Yoga-10 Strength Class-11	13	14
15	16 <i>Pitoh League- 12:30</i>	17 American Chop Suey, Greens, Dessert	18 <i>Food Pantry 10-12 Arthritis Exercise- 11</i>	19 Ziti & Chicken Leg, Salad, Jello Yoga-10 Strength Class-11 BBB Program-12	20	21
22	23 <i>Pitoh League- 12:30</i>	24 Chicken Pot Pie, Tapioca	25 <i>Food Bank- 10-12 Arthritis Exercise- 11</i>	26 Macaroni & Cheese, Mixed Veggies, Pudding Yoga-10 Strength Class-11	27	28
29	30 CLOSED	31 Turkey & Bacon Club, Tortellini Soup, Dessert				Reservations must be made 24 hours in advance.