

**Senior Showcase**  
**August 20, 2019**  
**Shari Campbell, Executive Director**

## **SHOTS! SHOTS! SHOTS!**

### **PREVENTION: SHOTS, SHOTS, SHOTS!!! PNEUMONIA & FLU & SHINGLES**

If you haven't had your pneumonia shots, it may be time to discuss your pneumonia risk level with your medical provider. Medicare Part B (medical insurance) typically covers 2 different pneumococcal shots. The first shot may be given at any time and then the 2<sup>nd</sup> shot follows at least one year after the first shot. The two shots cover different strains of the bacteria that causes pneumonia. Flu shots are generally available beginning in September each year. Flu is a contagious respiratory illness. The best way to prevent the flu is by getting vaccinated each year. Medicare Part B will cover one flu shot per year. Shingles is a reactivation of the chickenpox virus in the body, causing a very painful rash and blisters. Everyone has heard at least one horror story about a friend or loved one who had an outbreak of shingles. Shingles is not contagious, but the varicella zoster virus can spread from a person with active shingles and cause chickenpox in someone who has never had chickenpox or received the chickenpox vaccine. Persons with immune system issues are at a higher risk to get shingles. Medicare Part D (prescription drug plans) covers most commercially available vaccines, including shingles. Check with your doctor or medical provider to see what actions you can take today to prevent serious illness tomorrow. In coming weeks, this column will cover more prevention topics for seniors.

**ACTIVITIES:** Our next trip is Thursday, August 29 to Lee Richardson Zoo. We will have a 30 minute program at the education center, followed by a bus tour of the zoo. We will leave at 9:15 and return by 11:45. Call Della to get your spot on the bus reserved. We return to the Stauth Museum for the last time this fall on Wednesday, September 4. We have started calling those with reserved seats to make sure you are still coming with us. We want to make sure the bus is full. You may also call us to confirm that your name is on the list or on the waiting list for your trip. We will begin having monthly trips to the casino beginning with our Friday, September 13 trip. Call today or stop by to reserve your seat for 9/13. We will only be able to take a 6 passenger van and one mini bus on future trips. So that everyone has a chance to go, we will reserve each person a seat only every other month, allowing everyone to have a chance to go frequently. (Similar to how we reserve appointments for the foot clinic) We are happy to put your name on a waiting list in case we don't fill the bus or if we have cancellations. We will hold the spaces for new riders for one week only and then will open reservations up to everyone. But do call Della at 272-3620 and reserve a seat or get yourself on the waiting list today.

Plan to join us for the Elvis Party on Thursday, August 22 at 1:00pm. Patti promise a fun time for everyone.

### **SENIOR CENTER WEEKLY ACTIVITIES:**

**Wednesday, August 21:** Line dancing 8:30am; Pinochle 12:30pm; Gentle Exercise 12:30; Enhance Fitness 1:00pm; FCCA Board Meeting 1:30pm; Dance with the Ortiz Band; 7:30pm (\$5 donation per person)

**Thursday, August 22:** Learn Wood Carving Class 9:30am; Strength Training 9:30am; Bingo 10:30; Art Class 10:00am; Throw Back Thursday 11:45am; Skip Bo 1:00pm; Elvis/1950s Day Party (dress up 50's style!!) 1:00PM; Bridge 1:15pm; Cardio Exercise 4:00pm; PIYO/yoga w/ Tessie 6:00pm

**Friday, August 23:** Line Dancing 8:30am; Nurse 10:30; Enhance Fitness 1:00pm; Fun & Games 1:00pm; Bridge 1:15pm

**Saturday August 24:** The pool room is open from 1 to 4pm.

**Sunday, August 25:** Duplicate bridge, 2pm.

**Monday, August 26** Double Pinochle 12:30pm; Gentle Exercise 12:30pm; Enhance Fitness 1:00pm; Zumba 6:00pm w/Tessie; Duplicate Bridge 7:00pm.

**Tuesday, August 27:** Learn Wood Carving Class 9:30am; Strength Training 9:30am; Trivia Tuesday 11:45am; Pitch 12:30pm; Bridge 1:15pm; Exercise 4:00pm; PIYO/Yoga with Tessie 6:00pm.

### **LUNCH MENU:**

**Wednesday, August 21:** Rosemary Pork Loin, Au Gratin Potatoes, Broccoli & Fruit

**Thursday, August 22:** Chicken Kiev, Wild Rice, Cauliflower/cheese & Pudding

**Friday, August 23:** BBQ Riblet on a Bun, Scalloped Potatoes. Peas & Fruit

**Monday, August 26:** Beef and Noodles, Broccoli, Pasta Salad & Angel Food Cake

**Tuesday, August 27:** Roasted Turkey Breast, Mashed Potatoes/Gravy, Baby Carrots & Fruit

**Wednesday, August 28:** Baked Ham w/ pineapple slice, Sweet Potatoes with marshmallow topping, Corn & Fruit