# Young at Heart LUNCHEON

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# APRIL 18TH DEADLINE TO REGISTER - APRIL 12TH SPEAKER - Sherri Marshall & Reba Wright DeSoto Master Gardeners

Nacho Bar - Beef & Chicken provided. Please choose chips, topping, or a dessert to bring.

Donation suggested \$2 per person 2601 ELM ST. HERNANDO, MS. 38632 662-429-2688

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eat

# **CLASSES & ACTIVITIES**

### MONDAYS

\*Walking @6am \*5-Milers Walk @7am \*Arthritis Class @10am \*Hook & Needle (2<sup>ND</sup> Monday each month)

#### WEDNESDAYS

\*Walking @6am \*5-Milers Walk @7am \*Arthritis Class @9am

## THURSDAYS

\*Line Dancing -Thursdays 10am (No class the 3<sup>rd</sup> Thursday of each month

#### FRIDAYS

\*Walking @6am \*5-Milers Walk @7am

\*Rook @1:30pm

# FOUR WAYS EXERCISE BENEFITS SENIORS

# \*Reduces the risk of disease

Protects our heart health, prevents high blood pressure, and reduces the risk of diabetes, cancer, or strokes.

# \*Slowing muscle loss

We naturally lose muscle as we age, but staying active can slow the rate of loss. This helps prevent falls and supports our bones and joints.

# \*Protecting cognitive function

Maintains good cognitive function, preventing memory loss and even reducing the chances of developing dementia.

# \*Supporting healing

Helps our immune system function properly and speeds up wound healing – possibly as much as 25%

Source: The National Institute of Health

# **IMPORTANT DATES**

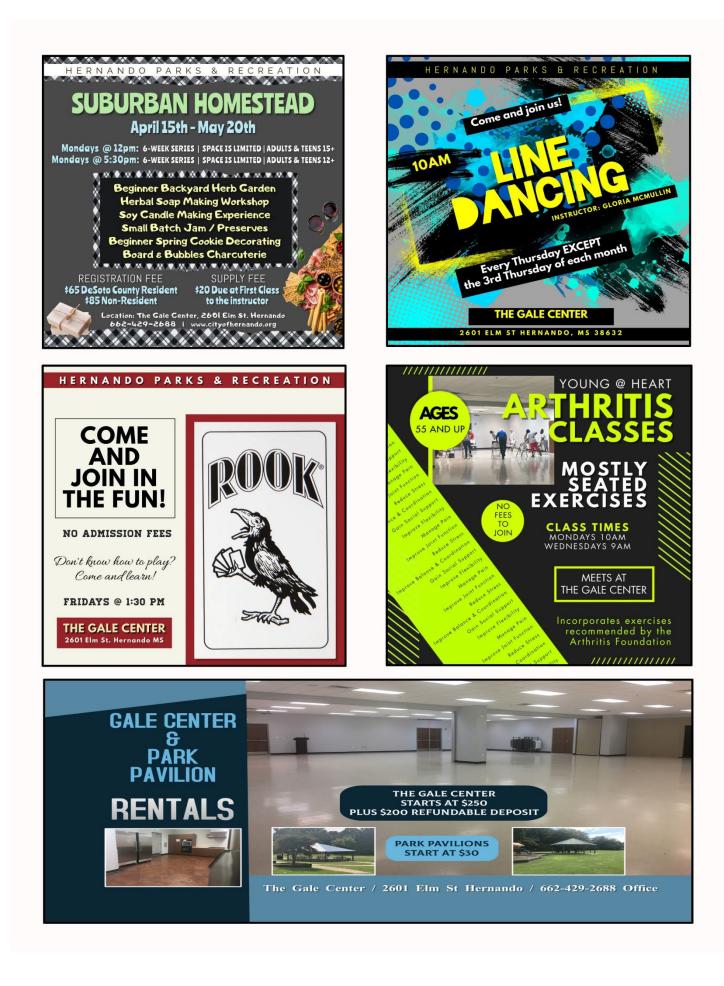
April 12<sup>th</sup> – Registration Deadline for Luncheon

PLEASE REGISTER for LUNCHEONS, so we can accommodate everyone! We must buy enough food and set up enough tables – thank you!

> April 14<sup>th</sup> – National Gardening Day April 18<sup>th</sup> – Young at Heart Luncheon

# SHOT NURSE

10am Every 3<sup>rd</sup> Thursday B12 shots for \$10





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BIRDS BLOSSOM BUGS BUNNY BUTTERFLY

GARDEN CATERPILLAR GRASS CHICKS HATCH FLOWERS INSECTS LADYBUG

LAMB SNAIL NATURE SPRING SPROUT NEST RABBIT TULIP WORM ROBIN

Sharon Yount can help you if you have questions with

- Medicare •
- Medicare supplements •
- Medicare Advantage and Part D •
- Life insurance •
- Final expenses and long-term care policies for all age groups •

CALF

FROG

