

Exercises for Seniors to Improve Strength and Balance

Exercise 1: Single Limb Stance

It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet. The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

Exercise 2: Walking Heel to Toe

Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.

Exercise 3: Rock the Boat

Stand with your feet apart, so that the space between them is the same width as your hips. Make sure both feet are pressed into the ground firmly. Stand straight, with your head level. Then, transfer your weight to your right foot and slowly lift your left leg off the ground. Hold that position for as long as possible (but no more than 30 seconds). Slowly put your foot back onto the ground, then transfer your weight to that foot. Slowly lift your opposite leg. Start by doing this exercise for balance five times per side, then work your way up to more repetitions.

D.L. Hopkins Jr. Senior Center



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Activity Book

Nutritional Dinner Ideas for Older Adults

Dietitian Recommended Healthy, but Delicious, Turkey Meatloaf

Ingredients

- 2 zucchini (grated)
- 2 lbs ground turkey
- 6 ozs canned tomatoes (paste)
- 1/2 cup breadcrumbs (plain)
- 1 large egg
- 1/4 oz onion soup mix
- 1 tbsp chopped fresh thyme (2 teaspoons dried)
- 1/2 tsp black pepper

Optional: Additional seasonings and vegetables

Preparation:

1. Preheat oven to 350 degrees. Spray 9x5x3” glass pan with cooking spray.
2. Combine all ingredients gently until incorporated. Press mixture into dish and shape into a loaf.
3. Bake 70 minutes or until it registers 160 degrees F.
4. Let stand 5 min and drain juices

Prep Time: 10 min

Total Time: 1 hr 20 mins

Servings: 6

Mindfulness

B C C O G N I E B L L E W R W S W
B B F E E L I N G S F D H N S E A
V K M I N D F U L N E S S O N L C
P I L K Q X B M O E Y M R I O Y C
R N D I U X R I D B R I G S N T E
F D K Y F J T U P D W C C S J S P
S S S B G C T A P S Z W Y A U E T
R S S O E I D U E U L A V P D F I
E E D L T J J L R I L O L M G I N
I N F T R K F D S U S O P O M L G
R E A L H C C T O X E N M C E K V
R R E P A R D N N V N Z V W N B I
A A H R B R Z E A H S U M U T B L
B W E A K R Z S L G E W E H A T T
K A F Q F V J E O U S E V O L Q U
F O C U S E D R P S L M L W S U B
I S X L L W L P C P Z B I X Z N V

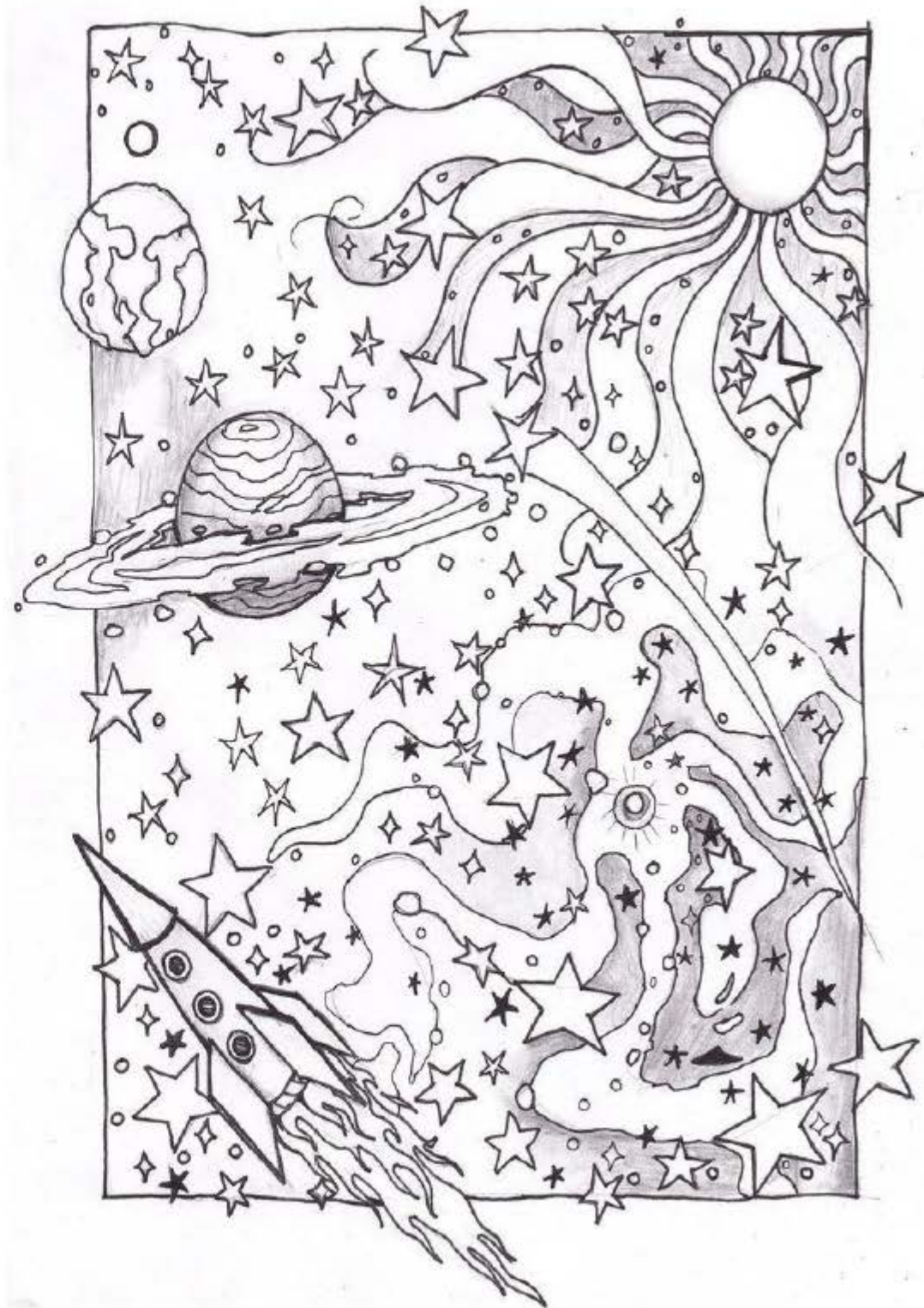
accepting	attitude	awareness	barriers
compassion	feelings	focused	kind
lifestyle	love	mindfulness	nonjudgmental
personal	present	reflection	selfcare
senses	value	wellbeing	

Social Skills and Friendship and Fun!

Take a moment to breathe and color this page!

P A V P F K C S I L T S M I L E F X B R V A F X
 S E J C K A F R O D O M T S U R T R K T I I M G
 K D T G A P J E C H M U R Z A T F T B W F R L Z
 H D A F L X B N M T M N G T C E P S E R Y E Z M
 V L X J E C D N T L E T I L O P L F P X D T Y Y
 D S D A N C E A D K D F A B S C G Q C O S H G A
 N M U M M U O M V I L O Y A L T Y Y L R W G A R
 R V Y A Q U B M F D N B I L A E X C X E J U M E
 P Q F L V K W O B M A Y R P O A M R Q C L A E Y
 Z E Z A M E U V T Y T S E N O H R X W A U L S A
 M N C U X N U I U K R O X X I K P E I U F A G I
 B F Z J G H A E H S L D V M M L F K T H S R D W
 N W M B K D R Z A O B B V F R I E N D S H I P Q
 O N U C B X U X N A D F Z P P S V Y O U V N G R
 Z J P P K Z F H D H L X A Y V T T P C E Q K Q A
 D C N K C M B V S C S X V Z Q E A P O L Q J M Q
 A G O I M K P E H V O W E K P N F X M N G N C F
 F P J K L B M R A W W G S C J I D O P I E Y B B
 Z Y K G C Q K K K V G S K N R N U F L C X X F Y
 G O D R E S V T E C Y P P A H G S E I E X L L H
 D A G G H H F N D E S P M U G M H S M R O E Z J
 G S K O X Y L D N E I R F L I K W O E J B I E Q
 G N I Y A L P D E D X A E I L M C E N R D L H H
 G Q G I U N I S U P P O R T I V E Z T P S A Q F

loyalty	trust	supportive	laughter
Dance	Movie	respect	playing
games	happy	compliment	smile
friendly	handshake	polite	nice
honesty	listening	manners	friendship



Famous Dogs Word Game

1. This cairn terrier went on adventures with Dorothy in the Oz.
2. This 25' tall, red dog is a favorite among children.
3. This cartoon Great Dane and his gang solve mysteries.
4. He is one of the most famous dogs on TV and film, but he started in a comic strip.
5. This 1957 Disney canine saves his family's lives by fighting off a mad wolf, but he became infected with rabies.

Craft Ideas - Key Wind Chime

Materials:

5 old keys, different shapes and sizes

Heavy string: (1)-8" length, (1)-10" length, (1)-12" length, (1)-14" length, and (2)- 16" Lengths

Tacky Glue

10" long, 1/4 diameter dowel

Procedure:

- 1) Thread each length of string through each key's hole and triple knot. Use only one of the 16" lengths; one will be used as a hanger.
- 2) Place a dot of glue onto each knot to secure it. Let dry.
- 3) Tie the extra 16" length string into each end of the dowel and triple knot. Dot each knot with glue to secure. Let dry.
- 4) Tie the five lengths of string onto the dowel, not in any particular order, spacing them evenly apart. Use a triple knot to secure and dot each knot with glue.
- 5) Let dry completely before hanging

I	L	I	V	E	T	O	L	U	M	V	Y	E
R	E	C	O	L	L	E	C	T	H	L	G	W
E	V	A	S	T	A	L	V	S	R	A	V	R
R	E	T	S	R	N	M	I	E	R	T	E	C
Y	E	O	N	S	M	R	D	U	E	T	R	E
T	O	B	S	E	U	L	O	S	A	E	X	H
B	A	Y	M	O	E	C	N	I	E	E	S	T
E	P	O	N	E	N	O	N	H	R	T	H	L
L	R	E	L	E	M	M	C	C	A	D	A	A
Y	H	V	G	P	D	E	I	Z	C	S	R	E
K	Y	O	J	N	E	S	R	F	M	J	E	H
Y	A	L	E	D	E	Y	Y	L	I	M	A	F

BOOST

ENJOY

LOVE

RETAIN

CARE

EXERCISE

MEMORY

SAVE

CHEER

FAMILY

NOURISH

SHARE

DELAY

HEALTH

ONSET

ELDERLY

LEARN

RECOLLECT

ENCOURAGE

LIVE

REMEMBER

The Weekend

T O U H H F U H T N O I T A X A L E R O T D G W
 E E M Q P U V B Z X H W E M G G E S X O U G O Q
 N I L U Y R D N U A L I U I H D X W N O M W T H
 O W Y E M I I M O W H D K L C W Q I W Z D V S I
 O A U T V X G J Z T B R Y I B X O M C Y Z P L L
 M B T R T I F V T E R W T I N H G M N J C L T G
 B V Q G U F S S T D E W U T G G A I G C V S Z B
 Y C K N K A P I W E A G C P V S C N P I I B P R
 N I S I Q N A U O D K N M R E S G G P H R C U L
 P V L P M C R F B N F I L W K Z Z P E L B J I U
 B J E M Y Y K T Y Y A H V S A U A P F J F F S N
 E U E A O D G O B M S S Z Q L F Y T R E C N O C
 D F P C Y I N U L N T I F K H F L C Y H S K P Z
 L W I S T N I O M L E F O Z D G W I Y J H Y C U
 B F N X S N N C O U L V O V A X A R V C L A O F
 U M G P K E A R V J E T T R L X S A S I U U F Z
 B C N C D R E N I Z O W B B L U D N M K D O L C
 W R I J Z C L R E A Z B A Y E V T A X H S P N W
 Z H P X S G C O S T O R L K Z K F V W Y O K K M
 E Y P I J A N L L W B E L M R H C O A C O Y G B
 L E O R J I W Q L E A Z O O S C M D K H L O C C
 V V H K S L A I Q E U Z D V S A C I I A U H X H
 L O S A A P N U C R I L H W I E Y V Y L Z I R G
 Z I C R F G E K D J L B T K S B B R L X J X N C

Barbeque	Beach	Bowling	Breakfast
Camping	Casino	Cleaning	Concert
Days Off	Family	Fancy Dinner	Fishing
Football	Hiking	Lake	Laundry
Movies	Park	Relaxation	Shopping
Sleeping	Swimming	Television	Zoo

H J Y R Q Y H C U Y O L R E Y E E H
 D C M I R H V Z R T M H H Y L S C D
 Y G S R Z Z G R A B N C R T T A M M
 L L E D S E E T M A I R R O E A S T
 I H L X E B O U T U E U C P E D O M
 C O C F P P R I Q B T I O R R P R I
 C N F S T C L B K N R U C E N W A S
 N O A E E O J C L P D T H E X J K S
 T R E L P E A R A U U P K H N U N I
 V W P A A L J D S N E C T A Z I Q S
 S P E V B M K G O H I B E Z S M C S
 A N D B D Y O C S H Y B E I E D K I
 G K Y E Q Y O D C T O Z A R J N S P
 U K F I R C I D E X H R Z M R M P P
 H A B U M B L E B E R R Y G O Y E I
 A K B N K E Y L I M E H N L N D C M
 M I N C E M E A T K T O K G H G A U
 B U T T E R M I L K P U M P K I N D

A LA MODE
 APPLE CRUMB
 APRICOT
 BEAN
 BLACKBERRY
 BLUEBERRY
 BUMBLEBERRY
 BUTTERMILK
 CHERRY

CHICKEN POT
 COCONUT CREAM
 DERBY
 KEY LIME
 MINCEMEAT
 MISSISSIPPI MUD
 NEAPOLITAN
 PEACH
 PEAR

PECAN
 PUMPKIN
 QUICHE
 RAISIN
 RASPBERRY
 SHEPHERDS
 SWEET POTATO
 TOFFEE
 TURTLE



Butterfly

QFV		IMU
HXRABD		EPOQVH
KEEFQBKA		FLUTTERH
CODMWENTI	HMB	EDHGLNALS
HQNYZNAWEP	NSGGE	YXDIDLENGT
ERNZEMZVAUU	EGOMAAZ	XAQDJPSNPAN
DVYTEAZZFPO	TWVNVKB	FCEWASUVWZA
FJNNECTARAKB	ANDHNFS	UGUMTVECQNPL
VAUVRZNDLSQES	MDHNXNGUBWV	PDRMCZLMP
VJNDKVHASQME	OSENESPHYL	FRETTUBMLFG
AMNRTFRJINLX	HMXLRCAHXKS	YEOSTCKJWG
QGPJRVEORYZ	SCBZMFLOWERS	GLEUWPFWJS
NZSMAJNWPTFO	HWTTDJDGFHTO	MLQNTMWLH
GYJUDKOSOB	RWQXLANNUHSH	HKWUGLEC
WIECSMZBPY	FLUXEFHCHFAZZ	XUHJG
UZRILXKSDH	QDLNSELLFDAMMG	
QPWAJWZFAOY	RYYMNFVWVWSTOAZX	
NVXCLPFYCLX	ASJGORBGRGUZKMZYT	
XFUFLJINIG	BYBRNTIANXWMHBUIB	
WVZNKIYWXWS	ZBVZSAQIIIEIPWOKPPR	
XZYNTPURTEO	UQDOCRFWLELKXPQIQUW	
BBESNRAGQLY	DZETMCTWBKPKGYDNJVC	
TZGOABELFGK	UTYBVLHKHWQFRDRLWCGNO	
IOGLOLTBOG	QMDXNPSGOESTRAWHFTFNXL	
NKBQJBAFXCT	ARKZPE	EGFCIPDTGML
UANOACLG	WDS	CYMVJLAF
TBRX	IM	LUPV

ADULT
ANTENNA
BUTTERFLY
CATERPILLAR
CHRYSLIS
EGGS
FLOWERS
FLUTTER

FLY
GARDEN
LARVA
MILKWEED
MONARCH
MOTH
NECTAR
PLANTS

PUPA
STRAW
WINGS