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Lamar County Active Life Senior Center

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Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older. As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean you've lost control. You can take charge of your well-being, by taking steps to age with a healthy body and a healthy mind.

Get Moving

- It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if needed.
 - Adults should aim for at least 150 minutes of moderate-intensity physical activity each week.
- Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go.
- Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels.
- Make your physical activity FUN and something you enjoy doing!

Maintain a Healthy Diet

- Eat proper portion sizes.
- Overeating can lead to obesity and increase the risk of diabetes and heart disease.
- Eat a variety of fresh fruits and vegetables and have them make up half of your plate.
- Avoid excess processed foods.
- Stay hydrated- adults should drink between 10-16 cups of water per day, depended on gender, living environment, and activity level.
 - **Stay Social**
- Try something new by attending online or socially distant in-person classes that interest you.
- Use technology like Zoom or Facetime to stay in touch with friends and family.
 - **Balance your body and mind**
- Keep a positive attitude.
- Keep your mind active by reading or doing puzzles.
- Keep your body active through stretches and yoga.

Fruits & Veggies—More Matters® Month is a time to promote the health benefits of eating a healthy, balanced diet that includes lots of fruits and vegetables.

Why eat more fruits and veggies?

- To stay strong and active. Healthy foods like fruits and veggies have the vitamins, minerals, and nutrients your body needs.
- To lower your health risks. Eating a healthy diet with lots of fruits and veggies can help you lower your risk for chronic health conditions like heart disease and type 2 diabetes.
- To manage your weight. Eating healthy and getting physically activity can help you stay at a healthy weight.

High protein vegetables

1 Ranked in order of the amount of protein per cup

1. Green Peas – 1 cup: 8.6 g protein
 2. Spinach – 1 cup: 5.2 g protein
 3. Artichokes – 1 cup: 4.8 g protein
 4. Sweet Corn – 1 cup: 4.7 g protein
 5. Avocado – 1 cup: 4.6 g protein
 6. Asparagus – 1 cup: 4.3 g protein
 7. Brussels Sprouts – 1 cup: 4 g protein
 8. Mushrooms – 1 cup: 4 g protein
 9. Kale – 1 cup: 3.5 g protein
- Potatoes – 1 cup: 3 g protein

High protein fruits

1 Ranked in order of the amount of protein per cup

1. Guava – 1 cup: 4.2 g protein
2. Avocado – 1 cup: 3 g protein
3. Apricots – 1 cup: 2.2 g protein
4. Kiwi – 1 cup: 2.1 g protein
5. Blackberries – 1 cup: 2 g protein

Tips to get more fruits & veggies in your life

1. Try a new veggie recipe – try the recipe with a new vegetable.
2. Keep a bowl of fruit handy where the entire family can see it.
3. Cut up fruits and veggies to grab and eat on the go.
4. Try pre-cut packages of fruit and veggies for a healthy snack in seconds. Choose packaged fruits that don't have added sugars.
5. Sauté veggies with olive oil and add your favorite spices. Dunk them in your favorite low-fat dressing, hummus or low-fat dip.
6. Throw baby carrots or grapes into a bag and take them with you for an easy snack on the go. The tiny versions of most vegetables actually tend to be sweeter and have more flavor in each bite.
7. Whether it's strawberry-banana, green tea and blueberry, or a fruit and veggie mix, smoothies are an easy way to drink up your fruit and veggie servings.

Crispy Baked Carrot Fries ***By Carita Fambro***

- ½ lb medium carrots, peeled
- ½ tbsp oil
- 1 tsp cornstarch
- ½ tsp garlic powder

Parsley (for garnish)

Instructions

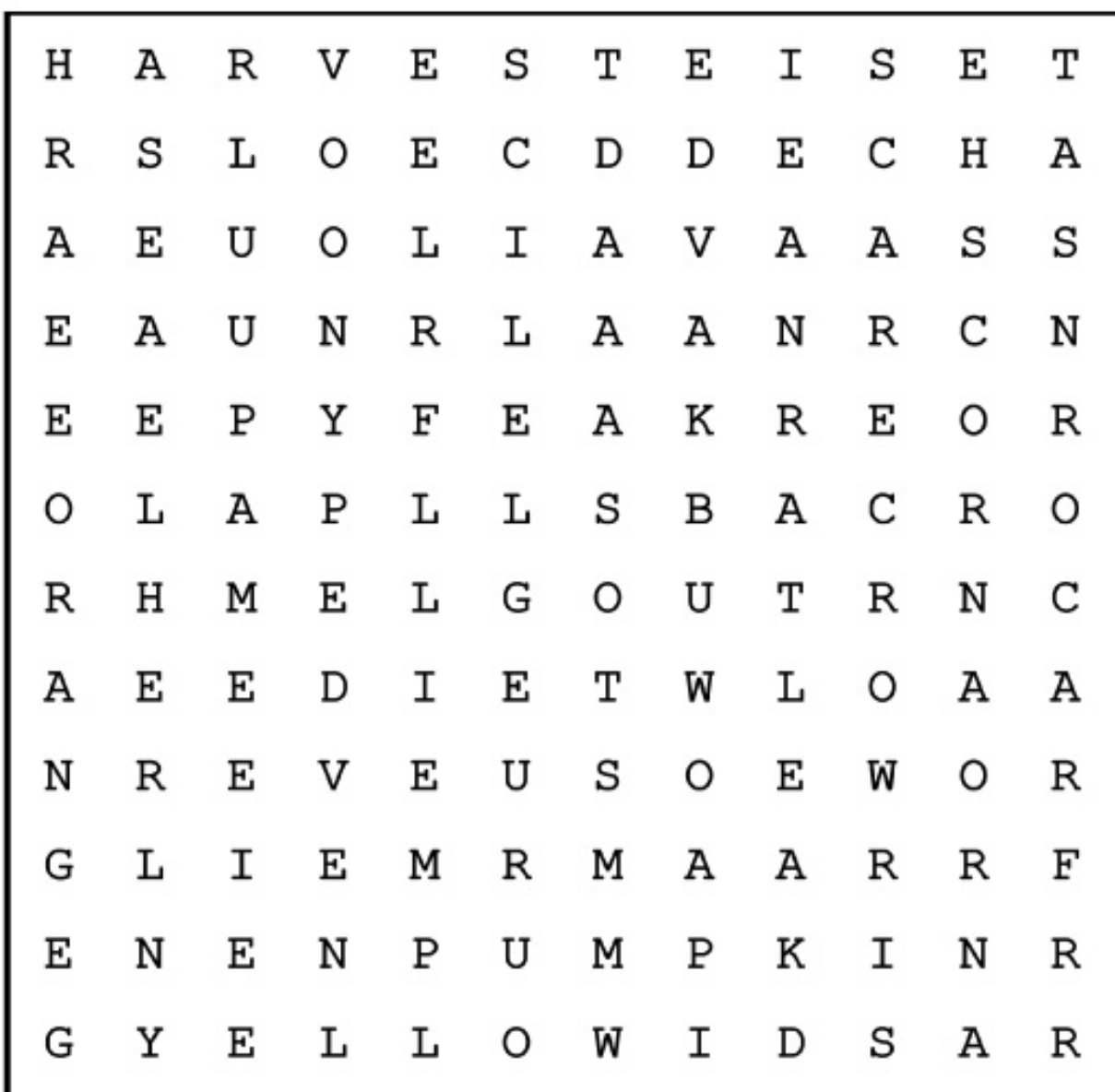
1. Preheat the oven to 425°F
2. Cut carrots into thin sticks.
3. In a bowl add oil, cornstarch, salt and garlic powder.
4. On a baking sheet lined with parchment paper, add seasoned carrots.
5. Bake for 20 minutes, or until slightly charred and crispy.
6. Serve carrot fries with ranch or favorite dipping sauce and enjoy!

SEPTEMBER 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Holiday	3 <i>Crafts</i>	4 9:00 Bingo 10:00 Yoga 11:00 Bible Study	5 Movie Day	6 9:00 Bingo 10:00 Yoga 11:00 Jewelry	7
8	9 9:00 Bingo 10:00 Yoga 11:00 P. Pitch	10 <i>Crafts</i>	11 9:00 Bingo 10:00 Yoga 11:00 Bible Study	12 Movie Day	13 9:00 Bingo 10:00 Yoga 11:00 Cards	14
15	16 9:00 Bingo 10:00 Yoga 11:00 Checkers	17 <i>Crafts</i>	18 9:00 Bingo 10:00 Yoga 11:00 Bible Study	19 Movie Day	20 <i>Potluck Bingo</i>	21
22	23 9:00 Bingo 10:00 Yoga 11:00 P. Pitch	24 <i>Crafts</i>	25 9:00 Bingo 10:00 Yoga 11:00 Bible Study	26 Movie Day	27 <i>Blue Ridge Trip</i>	28
29	30 9:00 Bingo 10:00 Yoga 11:00 Cards					

FUN FALL WORD SEARCH

Find each of the fall words hidden below.

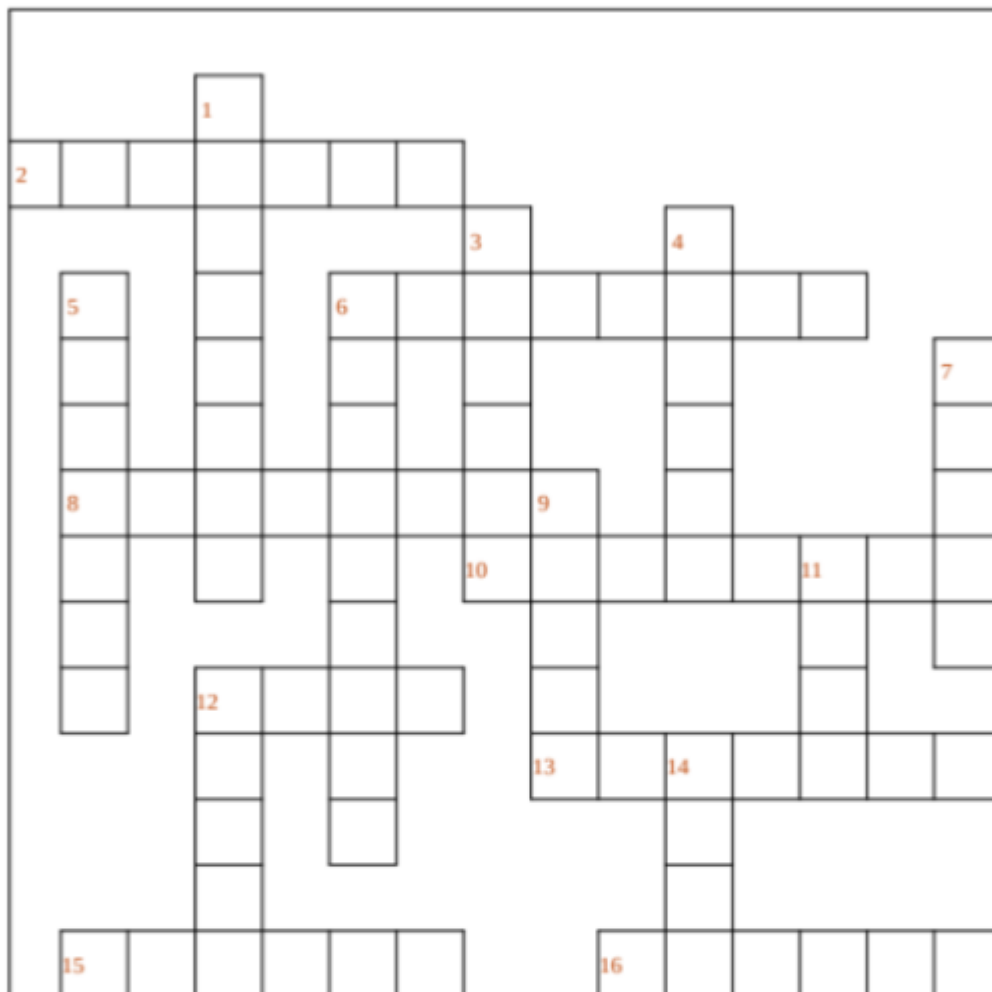


WORDS TO FIND:

pumpkin	harvest
yellow	apples
scarecrow	hayride
autumn	red
leaves	Thanksgiving
sunflower	football
acorns	orange
corn	



Fall



Across

- 2 Halloween month
- 6 Rodent that hordes nuts
- 8 People at the first Thanksgiving
- 10 Thanksgiving month
- 12 Yellow vegetable that grows on stalks
- 13 To gather farm crops
- 15 Thanksgiving main dish
- 16 Falls from trees

Down

- 1 Sport played with a brown ball
- 3 Another name for Fall
- 4 a color and a fruit
- 5 Great for pies or for carving
- 6 Keeps birds away from fields
- 7 Nut from an oak tree
- 9 Birds fly _____ for the winter
- 11 Bundles of hay
- 12 Drink made from apples
- 14 Tool to clean up leaves



Dates to Remember

2nd—Center Closed

3rd- AARP Defensive Driving Class

11th- Grandparents Day Celebration

13th- Birthday Celebration

18th- SNAP Coordinator

20th- Potluck Bingo

23rd—Flu Shots

25th- DJ Doug

27th- Blue Ridge Train Ride Trip

Line Dancing every Monday at 1:30

Bingo every Monday, Wednesday and Friday
at 9 am

Yoga held every Monday, Wednesday and
Friday at 10am

Potluck Bingo is held at 10am

Travel club meetings

Happy Days Travel Club

Every 3rd Tuesday at the Barnesville Library

1:30 p.m.

Joy Club

Dates To Be
Announced

Wal-Mart and
Bay Breeze

Roses, Dollar
Tree And
Lunch At
Gordon College

Bus leaves at 9AM for
the Blue Ridge Trip
Please arrive to the
center by 8:30 AM we
should be
returning around 9PM