

In this issue >>>

- Health and Community Information
- Fitness and Dance
- Recipes
- Calendar and Menu
- Puzzles
- Fun and Entertainment



Keeping Seniors HIP – Healthy, Independent and Productive



Belpre Senior Center

Bringing HIP to Belpre!

1614 Washington Blvd. Belpre, Ohio 45714
740-423-6022

Bone Density Testing

September 19th at 10am

Osteoporosis is a disease in which the density and quality of bone is reduced. As bones become more fragile, the risk of fracture is greatly increased. The loss of bone occurs silently and progressively. Often there are no symptoms until the first fracture occurs. On September 19th at 10am, Walt Newlon of Camden Clark Medical Center will be joining us to discuss the causes of osteoporosis. For \$10.00, Walt will be doing Bone Density testing starting at 10am.



Memorial Health System

September 12th at 11am

We work hard here at the Belpre Senior Center to bring you the most up-to-date health information possible. In partnership with Memorial Health System, we feel like we are able to deliver on that commitment to you. Please join us as a representative from Memorial Health System speaks on the latest health topic.



MEMORIAL HEALTH SYSTEM

Alzheimer's Support Workshop

September 16th & 23rd at 11am



This series of educational sessions provides an opportunity for families to learn and share together in an informal setting. Melissa Dever from the Alzheimer's Association will be here discussing The nature and Progression of the disease, Changes in Communication and Behavior, Legal Planning for Families, and Family Coping Strategies & Community Resources.



DIABETES HEALTH FAIR

Saturday, September 28th
11am- 2pm

Diabetes Education Center
803 Farson Street, Belpre, Ohio

Diabetes is a disease that involves problems with the hormone insulin. Normally, the pancreas will release insulin to help your body store and use the sugar and fat from the food you eat. Diabetes can occur when the pancreas produces very little or no insulin, or when the body does not respond appropriately to insulin. Visit the Diabetes Health Fair on Saturday the 28th to learn more about Type I and II Diabetes Management. Join us for lunch and talk to our experts about both types of Diabetes!



Fitness & Dance

Tai Chi (Free)

Mondays @ 11AM

Chair Volleyball (Free)

Mondays & Fridays @ 1:00pm
Wednesdays @ 10am

Chair Exercise (Free)

Mondays @ 11:45am
Wednesdays @ 1pm
Fridays @ 11:00am

Low-Impact Aerobics (Donation)

Mondays & Wednesdays @ 5:30pm

YMCA Exercise (\$5)

Mondays & Wednesdays @ 3:15 pm

Line Dancing (\$5)

Thursdays @ 3pm

Ballroom Dancing (Free)

Wednesdays @ 7:00pm

LITTLE APPLE BISCUIT PIE

Ingredients

Cooking Spray

1 16oz can refrigerated biscuit dough

1 15oz can Apple pie filling

1 Cup cinnamon toast cereal crushed

Directions

1. Preheat oven 350
2. Spray muffin tin with cooking spray
3. Place a biscuit dough piece in each muffin cup. Press dough up the sides and on the bottom of muffin cup so dough will be able to hold apple pie filling
4. Fill each muffin cup to the brim with apple pie filling
5. Sprinkle each with crushed cereal
6. Bake 12 minutes cool slightly and serve with ice cream



SUBMIT
your recipe!





Autumn Word Search



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

Find these autumn words:

apple
brown
chilly
cold
colors
corn
country
crops
fall
farmer

fruit
grain
harvest
hay
leaf
leaves
maple
migrate
November
October

orange
pear
pumpkin
red
rice
scarecrow
September
sweater
vegetables
yellow

Fun and Entertainment

Birthday Party

September 17th at 11am

**Wear your favorite team jersey
or colors!**

Football season is in full swing!
Join us to celebrate this month's
birthdays by wearing your favorite
team jersey or colors!



Craft Day

September 10th at 1pm

Spend the afternoon with us
making a surprise fall craft!
Supplies and instructions are
provided by Cedar Grove!



Bunco

September 12th & 26th at 1pm

Come join us for Bunco!

Play Bunco twice a month at the
Belpre Senior Center. Prizes awarded.
Come join the fun and make new
friends!



Bingo

September 5th & 24th at 10:30am

September 12th & 19th at 6:00pm

Bring your nickels and your good
luck charms and join us! It's a
nickel per card per game and
there is a 4 card maximum.
Games will begin promptly at
times specified.



Belpre Senior Center

Bringing HIP to Belpre!