

Brain Games /Memory Exercises



Valentine's day Sudoku

Every row, column and mini-grid must contain the letters L O V E B I R D S. Don't guess - use logic

		R		B		V		
	D	L	E		V	B	S	
			O		I			
R		B		V		E		D
		D		E		O		
O		E		L		I		R
			V		R			
	B	S	L		E	D	R	
		I		D		L		



Laugh for the Health of It!

Laughter is uniquely human; no other species laughs in the same way humans do, and doctors have long believed that laughter is good medicine. A good laugh, depending on how hearty it is, gives a workout to the muscles in your diaphragm, abdomen, chest, face, legs and back. Some researchers have estimated that laughing 100 times is comparable to spinning your legs for 15 minutes on an exercise bike. In terms of calories, of course, you'll need to laugh most of the day if you're expecting to lose significant weight.

Probably most important, laughing raises the heart rate more than most common activities. Researcher William Fry found that, it took him 10 minutes on a rowing machine to reach the heart rate achieved with one minute of laughter. Frequent surges in heart rate help keep blood vessels pliable and healthy. Negative or stressful emotions, on the other hand, have been found to constrict blood vessels, even to the point of bringing on a heart attack in a susceptible individual.

The hormones are released by the body in reaction to stress, such as cortisol and adrenalin are designed to help prepare a person for fight or flight. When they are elevated over a long period of time, they tend to suppress the immune system, raise blood pressure and increase the number of platelets in the blood, increasing the risk of a clot forming in a coronary artery. Following laughter, it's believed (although not proven) that the body is flooded with pleasure producing hormones such as endorphins, also known for their role in producing "runners high." Because they are natural pain killers, these endorphins can well give us relief that pain killers cannot.

A benefit of laughter that cannot be denied, however, is its role in social interaction. *(Continued on page 2)*

City of San Gabriel Adult Recreation Center
324 S. Mission Drive San Gabriel, CA 91776
For Lunch Reservations - (626) 308-2823





MONTHLY ACTIVITIES

Laugh for the Health of It!

(continued from page 1)

According to cultural anthropologists, laughter may have originated as a way of forming or strengthening social bonds within a group. In years gone by, the court jester was an important court figure; when the boss (or king) laughs, everyone laughs.

For most American today, laughter doesn't come primarily from jokes or comedy shows but from interaction with family and friends. And it has a way of rubbing off on others, making it easier to affiliate and connect. At any age, these connections are essential to maintaining good physical as well as mental health. The person who laughs is bound to have a strong circle of friends and family. And the person with a strong support circle is usually healthier than one who is lonely and angry. When stressful events, illness or death enter the picture, humor can be a way of dealing with adversity.

Until more benefits are documented, the attitude of most professional is that a hearty belly laugh never hurt anyone.

(Source: "Laugh for the Health of It", Healthwire, March 2008)



HEALTH & WELLNESS

CHECK-UPS

Blood Pressure Checks

Thursday, February 9

10:45 a.m. to 11:45 a.m.

Grapevine Room

Sponsored by Alhambra Hospital

Presenting this Month....

"Healthy Nutrition for a Healthy Heart"

Thursday, February 16

11:45 a.m.

Simon Sum will give you tips on how to stay "Heart Healthy".

Sponsored by Alhambra Hospital



RESOURCE INFORMATION



Search for the Super Senior

The City of San Gabriel, in conjunction with the Los Angeles County Board of Supervisors, is sponsoring and "Older American Recognition Day". The Parks and Recreation Department is soliciting public input in determining San Gabriel's Outstanding Older American.

The criteria for the Outstanding Older American is:

- Age 65 or older
- Has performed outstanding volunteer service for the San Gabriel community
- Has not been honored at the event in previous years



Nominations will be accepted through February 20, 2012. Please include name, age, address, telephone number and typed or printed narrative description of the volunteer activities that would warrant this award.

Send all information to: Older American Award,
250 S. Mission Drive, San Gabriel, CA 91776.

For additional information, please call the
Parks and Recreation Office at 308-2875.

AARP Tax Assistance

By Appointment Only - Thursdays, 8:30am to 12:00pm

Appointments are 45 minutes in length

Beginning February 9th thru April 12th

Call the Recreation Department at 626-308-2875


to make an appointment.





♥ FEBRUARY 2012 ♥




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 11:30am Lunch	2 8:30 - 12pm Tax Assistance Appointments (Lounge) 11:30am Lunch	3 11:30am Lunch 12pm-4pm Mission Seniors Dance \$4 (Padillo Room)	4
5	6 11:30am Lunch	7 11:30am Lunch 1pm-3pm Ballroom Dance Free (Padillo Room)	8 11:30am Lunch	9 8:30 - 12pm Tax Assistance Appointments (Lounge) 10:45 - 11:45am Blood Pressure Checks	10 11:30am Lunch 12pm-4pm Mission Seniors Dance \$4 (Padillo Room)	11
12	13 11:30am Lunch	14 ♥ 11:30am Valentine's Day Lunch & Entertainment 1pm-3pm Ballroom Dance Free (Padillo Room)	15 11:30am Lunch February Birthday Celebration	16 8:30 - 12pm Tax Assistance Appointments (Lounge) 11:30am Lunch	17 11:30am Lunch 12pm-4pm Mission Seniors Dance \$4 (Padillo Room)	18
19	20 Holiday Adult Center Closed	21 11:30am Lunch & Mardi Gras Party! 1pm-3pm Ballroom Dance Free (Padillo Room)	22 11:30am Lunch	23 8:30 - 12pm Tax Assistance Appointments (Lounge) 11:30am Lunch	24 11:30am Lunch 12pm-4pm Mission Seniors Dance \$4 (Padillo Room)	25
26	27 11:30am Lunch	28 11:30am Lunch 1pm-3pm Ballroom Dance Free (Padillo Room)	29 11:30am Lunch	<div style="border: 1px solid black; padding: 10px;"> <p>February Birthdays! Frank Impellizzeri, Luis Calderon, Helen Cheng, Josephine Porcile,</p>  </div>		

RESOURCE INFORMATION

S.C.E.N.E. - Southern California Edison News Express

Rebates & Savings - Lighting CFL's

Here are some reasons to immediately switch out your incandescent bulbs for CFLs:

 ENERGY STAR®-qualified CFLs use up to 75% less energy than incandescent bulbs & last up to 10 times as long, making installation an easy solution to experience savings on your energy bill and reduce greenhouse gas emissions.

When you replace an old incandescent bulb with an energy-efficient CFL, you can save over \$68 over its lifetime.

The average home has 50 sockets. If 50 lighting sockets are switched to CFLs, that would translate to savings of \$40 per month.

CFLs now come in many lighting options, such as warm white, which gives off the same light as a standard incandescent.

For more information please visit www.sce.com



MONTHLY ACTIVITIES

February



Celebrate Valentine's Day!

Tuesday, February 14, 2012

Special Lunch and
Heartfelt entertainment by Leela
To make your lunch reservation call
626-308-2823



Mardi Gras "Fat Tuesday" Party



Tuesday, February 21

Celebrate Mardi Gras with King Cake!
Find the special doll hidden in the cake
and be crowned King or Queen
for the Day!



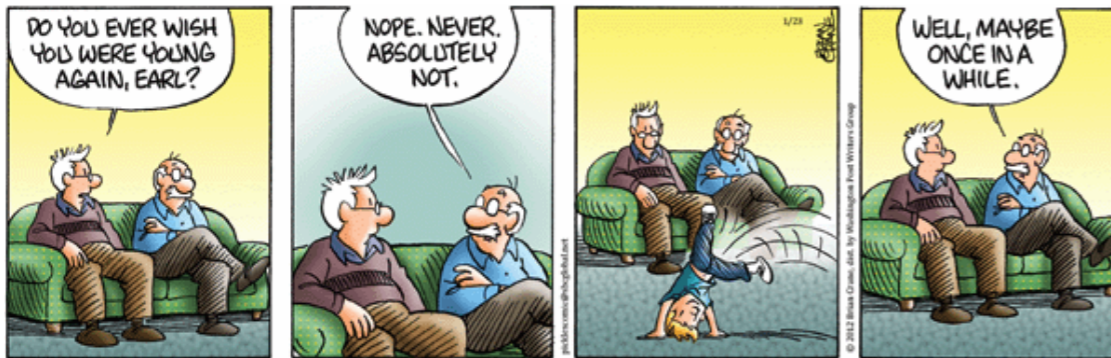
THE FUNNIES

Celibacy

What is Celibacy?

Celibacy can be a choice in life, or a condition imposed by circumstances.

While attending a Marriage Weekend, Frank and his wife Ann listened to the instructor declare, it is essential that husbands and wives know the things that are important to each other. He then addressed the men. Can you name and describe your wife's favorite flower? Frank leaned over, touched Anna's arm gently, and whispered, Gold Medal-All-Purpose, Isn't it? *And thus began Frank's life of celibacy.*



©Brian Crane Dist. by The Washington Post Writers Group



INFORMATION



CALIFORNIA LIFELINE PROGRAM

Did you know... that Medicaid / Medi-Cal participants automatically qualify for telephone discounts with the California LifeLine Program?

A Program of the California Public Utilities Commission

TWO WAYS TO QUALIFY

1 Program-Based:

Automatically qualify if you or another household member is already enrolled in one of the following programs:

- | | |
|--|---|
| Medicaid/Medi-Cal | Stanislaus County Work Opportunity and Responsibility to Kids (StanWORKS) |
| Women, Infants and Children Program (WIC) | Welfare-to-Work (WTW) |
| Healthy Families Category A | Greater Avenues for Independence (GAIN) |
| Low-Income Home Energy Assistance Program (LIHEAP) | Tribal TANF |
| Supplemental Security Income (SSI) | Bureau of Indian Affairs General Assistance |
| Federal Public Housing Assistance or Section 8 | Head Start Income Eligible (Tribal only) |
| CalFresh, Food Stamps, or Supplemental Nutrition Assistance Program (SNAP) | |
| National School Lunch Program (NSLP) | |
| California Work Opportunity and Responsibility to Kids (CalWORKS) | |

2 Income-Based:

"HELLO, SAVINGS!"



Household Size	Annual Income Limits
1 or 2 members	\$24,000
3 members	\$28,200
4 members	\$34,000
*Add \$5,800 per person for each additional person after four people. Effective from 06/01/09 thru 05/31/12	

FOR MORE INFORMATION MAKE THE CALL



866-272-0357

