

# July 2020



ISC's at home Newsletter

## *From the manager's desk...*

This newsletter is a little different than in the past. Last month was for an entire month, this month we have started the newsletter for the first 2.5 weeks. The last day of activities scheduled, on this newsletter, is July 17. At this time you will receive a second newsletter for the second half of the month. There is so much uncertainty right now that scheduling is a challenge.

### Reopening: When and How?

ISC is following the guidelines set by the Governor, NC Division of Aging and Area Agency on Aging on when it is safe to reopen the Senior Center. ISC participants have been identified as a more vulnerable group with COVID-19 and thus the commitment to keep everyone safe and healthy. The Center's opening will look different than it did before COVID-19 with limited number of participants, social distancing, facemasks, etc. Once reopening plans are finalized, plans will be communicated via email, phone call and social media posts. We are looking forward to having our participants back, when it safe to do so! We appreciate your patience and understanding as we navigate this uncertainty together.

*Brittany Swanson*

ISC Manager

### Weekly Drive-Thrus



Tired of being at home with nothing to occupy your time? Drop by and *drive thru* on Wednesdays July 1, July 8, and July 15 from 10 -12 at the Senior Center. You'll find jigsaw puzzles, games, books to check out, puzzle packets to challenge your brain and maybe even a treat. Come check it out!

*There are 9 pages for this newsletter*

## Scavenger Hunt! 9-10:30 Monday July 6

**Directions:** Meet at the Senior center at 9 am you will be given your scavenger hunt paper and you will have an hour and half to find as many items on the scavenger hunt list as you can. This is a great way to learn more about downtown Statesville. You may play as a team or individual. The person(s) with the most finds wins a prize when we open back up



Our friends at The Gardens of Statesville are wanting to serve you hotdogs on **Wednesday July 15 from 11-12**. Everything will provided free to you. Hot dogs will be available in the parking lot of the Senior Center. This is in addition to our drive-thru. *Thank you to The Gardens!*

**Below are free, online opportunities for classes and other virtual experiences. The links in blue are hyper linked, meaning you should be able to get to them just by clicking on the link on here.**

### Wednesday, July 1

**Physical Exercise:** Growing Stronger 9:00am–10:00am EDT

**Description:** Activate the joints and muscles to become limber and increase mental focus and concentration during this chair exercise class. Have your dumbbells, water bottles, soup cans or towels ready to use for resistance. Trainer: Mary Breyette, Executive Director of Cornell Cooperative Extension of Clinton County

**Join this class by Zoom:** <https://seniorplanet.zoom.us/j/853133798>

Meeting ID: 853 133 798

**Mental Exercise:** The video linked below is 22 math logic puzzles. Even if you are not a “math person”, try these puzzles. Logic puzzles provide you with a great mental exercise. these activities are good for your brain. The answers are included in this video.

<https://www.youtube.com/watch?v=D99Ok4wJ8uo>

**Learning Opportunity:** Instagram basics 1:00pm–2:00pm EDT

**Description:** You've heard about Instagram; now come learn about this visually-oriented sharing platform, one of the most exciting of the social media sites. This lecture offers an overview of some of Instagram's more popular features and will give you a taste for what all the fuss is about. Trainer: Marco DiGirolomo

**Click or tap to join this class by Zoom:**

<https://seniorplanet.zoom.us/j/853133798>

Meeting ID: 853 133 798

**Learning Opportunity:** The movies and the Internet: lunch and learn 1:30pm–2:30pm EDT

**Description:** Kristina Demery, SPCO Lead Trainer, will take us on a guided tour of various internet sites related to film and movies. We will explore sites that give ratings, descriptions, and so much more. Learn how to buy tickets online (once things are safe), how to buy reserved seats, how to find free movies online, and what are some of the paid options.

We will also discuss starting a Senior Planet Movie Club.

**Click or tap to join this class by Zoom:**

<https://seniorplanet.zoom.us/j/165218752>

OR

**Call in by phone:**

1-646-558-8656

Meeting ID: 165 218 752

**Learning Opportunity:** **Contact your Lawmakers Online** 3:00pm–4:00pm EDT

**Description:** Learn how a new app can help you stay informed and get your voice heard. Countable is a non-partisan website and app devoted to making the government more understandable. This presentation will introduce Countable and show you how to use it to identify your congressional representatives and senators and send them messages about issues that matter.

**Click or tap to join this class by Zoom:**

<https://seniorplanet.zoom.us/s/535803138>

Meeting ID: 535 803 138

OR

**Call in by phone:**

1-646-558-8656 or 1-312-626-6799

Meeting ID: 535 803 138

## Thursday, July 2

**Physical Exercise:** Chair Chi 9:00am–10:00am EDT

**Description:** Chair Chi is a gentle exercise program to help people receive the benefits of the traditional Tai Chi in the comfort and safety of a chair. This allows people who can't stand or lack the confidence with their balance to participate and benefit. (Including those who use a walker, wheelchair, and movement disorder.) The benefits include balance, flexibility, range-of-motion, strength, energy, pain relief, tranquility, stress reduction and peace of mind. Trainer: Mary Breyette, Executive Director of Cornell Cooperative Extension of Clinton County

**Join this class by Zoom:** <https://seniorplanet.zoom.us/j/853133798>

Meeting ID: 853 133 798

**Mental Exercise:** The video linked below is titled "10 Skills that are hard to learn but will payoff forever! The video is 23 minutes long, the skills in this video may be simple reminders to things you already do. It is never too late to learn something new.

[youtube.com/watch?v=2wPeC4CLkLU](https://youtube.com/watch?v=2wPeC4CLkLU)

**Activity:** Trivia 2-2:30

**Description:** Trivia is a great way to use your random knowledge facts. The game will be played via zoom and winner(s) will receive a prize when ISC opens back up.

**Join Zoom Meeting**

<https://zoom.us/j/93618671860?pwd=aDdrekNDTIRPQldYOWtuYWxwWjA3QT09>

Meeting ID: 936 1867 1860

Password: ISC

## Friday, July 3

ISC closed for Independence Day!



## Monday, July 6

**Physical Exercise:** Walking at home. In this video participants will walk a mile, inside in 15 minutes. Ready, set, GO!

<https://www.youtube.com/watch?v=tW9IY48x1bc>

**Brain Exercise:** This video linked below contains multiple 7-second riddles to help you solve a logic puzzle. At the end of the puzzle you will answer the question which lady is Hunter's girlfriend? Give it a try

<https://www.youtube.com/watch?v=XBg4ymLI4xE>

### **Tuesday, July 7**

**Physical Exercise:** Low Impact Cardio. 15 minutes of cardio, low-impact exercises are safer for joint and mobility issues.

<https://www.youtube.com/watch?v=MxLL9Scvmzo>

**Brain Exercise:** Ball Drop game. Use your memory skills to help the ball land in the correct cup. It starts off easy but gets harder and faster as the levels increase. Use the link below to start playing.

<https://www.improvememory.org/brain-games/memory-games/ball-drop/>

**Learning Opportunity:** Understanding Alzheimer's and Dementia - Virtual

12:00 PM - 1:00 PM CDT

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

#### **Additional Information**

This program is being held virtually. Register online or through 800-272-3900 to receive log-in instructions. These will be emailed in the order confirmation for each registrant. Meetings without sufficient enrollment are subject to cancellation, which will be announced via email the morning of the meeting if necessary. Please share the registration link with friends and family!

### **Wednesday, July 8**

**Physical Exercise:** Chair Yoga. **Yoga** can be used for improving the flexibility of the body and it will also gradually increase the flexibility of your joints.

<https://www.youtube.com/watch?v=1DYH5ud3zHo>

**Brain Exercise:** Answering a series of riddles will help you solve the logic puzzle and answer the question, "Who is lying?"

<https://www.youtube.com/watch?v=fSjz4JhE0cq>

### **Thursday, July 9**

**Physical Exercise:** This low-impact standing cardio video is great to get your blood pumping. Modifications are given for all fitness levels

<https://www.youtube.com/watch?v=77h45P8IKOY>

**Brain Exercise:** Meditation for beginners. The video link below is a guide on how to begin to meditate. There are numerous benefits to meditation; Meditation is something everyone can do to improve their mental and emotional health. You can do it anywhere, without special equipment or memberships.

<https://www.youtube.com/watch?v=KQOAVZew5l8>

**Activity:** Trivia 2-2:30

**Description:** Trivia is a great way to use your random knowledge facts. The game will be played via zoom and winner(s) will receive a prize when ISC opens back up.

### **Join Zoom Meeting**

<https://zoom.us/j/93618671860?pwd=aDdrekNDTIRPQldYOWtuYWxwWjA3QT09>

Meeting ID: 936 1867 1860

Password: ISC

### **Friday, July 10**

**Physical Exercise:** Check out this Pilates video. **Pilates** focuses on trying to relax muscles which are tense and provide strengthening of the numerous muscles of the body.

[https://www.youtube.com/watch?v=i3PYS\\_jsA1c](https://www.youtube.com/watch?v=i3PYS_jsA1c)

**Brain Exercise:** Use the video link below to solve riddles to answer the question, "Who is the copycat?"

<https://www.youtube.com/watch?v=N1PMYdBiPXg>

**Learning Opportunity:** 10 Warning Signs of Alzheimer's: Virtual 10:00 AM - 11:00 AM CDT

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Additional Information: Registration is required to receive log-in information

Registration Link:

[https://action.alz.org/PersonifyEbusiness/Default.aspx?TabID=1357&productid=70631346&\\_ga=2.98705691.48810803.1593456884-1281396702.1593456884&\\_gac=1.120583546.1593456885.Cj0KCQjwoub3BRC6ARIsABGhnyY3IRSoiPJdXNDuiJsWnxQR\\_K4RAtVxl2UpDJUgBfjbtmC6sqvs-AaAiPaEALw\\_wcB](https://action.alz.org/PersonifyEbusiness/Default.aspx?TabID=1357&productid=70631346&_ga=2.98705691.48810803.1593456884-1281396702.1593456884&_gac=1.120583546.1593456885.Cj0KCQjwoub3BRC6ARIsABGhnyY3IRSoiPJdXNDuiJsWnxQR_K4RAtVxl2UpDJUgBfjbtmC6sqvs-AaAiPaEALw_wcB)

### **Monday, July 13**

**Physical Exercise:** Morning Stretch: 10:00am–10:30am EDT

**Description:** Stretching and breathing exercises have shown to reduce anxiety and stress. This daily class will guide you through 30 minutes of simple stretches and breathing meditations to help you start your day with a sense of calm. We start promptly so please try to join at least five minutes early, if possible!

*This class is offered as part of our Team Senior Planet program.*

**Click or tap to join this class by Zoom:**

<https://seniorplanet.zoom.us/j/170361931>

Meeting ID: 170 361 931

**Mental Exercise:** Optical Illusions

Use the link below to exercise your occipital lobe

<https://sharpbrains.com/blog/2010/10/27/test-your-brain-with-these-top-10-visual-illusions/>

**Learning Opportunity:** Brain Bus Live: Advancing the Science, Alzheimer's and Dementia Research

12:00 PM - 1:00 PM EDT

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

### **Additional Information**

Registration is required. Once registered, constituent will receive a link in an email confirmation directing them to the virtual presentation. A valid email must be used in order to receive the link.

Registration is available online or you can call our 24/7 Helpline at 1-800-272-3900.

## Tuesday, July 14

**Physical Exercise:** HIIT Total Body workout without weights for over 50

HIIT stands for High-Intensity Interval Training. The intensity in these workouts means there is little (if any) downtime built in. This workout is also comprised of interval training, which means exercises are done in bursts. They can start slow and become faster from one exercise to another. Typically, cardio and strength training are combined to create a well-rounded high-intensity interval training workout

<https://www.youtube.com/watch?v=7ax2BFBS6wk>

**Mental Exercise:** Pattern Recognition Brain Teaser — The Empty Triangle

<https://sharpbrains.com/blog/2007/06/22/pattern-recognition-brain-teaser-the-empty-triangle/>

## Wednesday, July 15

**Physical Exercise:**

**Mental Exercise:** Five quick brain teasers for teens and adults to flex two key mental muscles: Attention and Working Memory

<https://sharpbrains.com/blog/2015/12/01/brain-teasers-for-adults-to-flex-two-key-mental-muscles-attention-and-working-memory/>

## Thursday, July 16

**Physical Exercise:** Cardio Fitness Video

Cardio exercises that can be done at home. Can do without equipment but can use bands if you have them available

<https://www.youtube.com/watch?v=-sSNLz1oNMY>

**Activity:** Trivia 2-2:30

**Description:** Trivia is a great way to use your random knowledge facts. The game will be played via zoom and winner(s) will receive a prize when ISC opens back up.

**Join Zoom Meeting**

<https://zoom.us/j/93618671860?pwd=aDdrekNDTIRPQldYOWtuYWxwWjA3QT09>

Meeting ID: 936 1867 1860

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**Mental Exercise:** KenKen Puzzle

It's not a crossword. It's not some extreme version of tic-tac-toe. So what is KENKEN and where did it come from? Simply put, it's a grid-based numerical puzzle that uses the basic math operations—addition, subtraction, multiplication, and division—while also challenging your logic and problem-solving skills.

[https://www.kenkenpuzzle.com/play\\_now](https://www.kenkenpuzzle.com/play_now)

**Friday, July 17**

**Physical Exercise:** Balance exercise

A program that can help improve your balance and prevent falls

<https://www.youtube.com/watch?v=z-tUHUNPStw>

**Mental Exercise:** Clockwork Brain

A great website with a variety of games to help you exercise your brain

<http://www.aclockworkbrain.com/mini-games/>