

ACTIVE & AGELESS

EAU CLAIRE YMCA ACTIVE & AGELESS NEWSLETTER

WE WANT YOUR YMCA STORY!

CALLING ALL ACTIVE & AGELESS MEMBERS!

Have you been a Y member “forever”? Or, after a hiatus from membership, you made the great decision to come back? Do you have a Y story/stories to share? Y friendships, experiences, childhood camp, sports?

What comes up?

If you are interested in sharing your story, please reach out to me!
lpettis@ymca-cv.org.

ENJOY THIS ISSUE?

Feel free to share this newsletter with anyone who you think may find it useful.

QUESTIONS, COMMENTS, IDEAS?

Contact: Laurie Pettis

Eau Claire YMCA Active & Ageless Coordinator

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715-839-4608

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HAPPY THANKSGIVING

From everyone at the YMCA of the Chippewa Valley, we wish you and your family a Happy Thanksgiving!

We are thankful now, and always, that you are part of our YMCA community.



ACTIVE & AGELESS PICKLEBALL CLINICS!

LEARN PRACTICE PLAY

INTRO TO PICKLEBALL CLINIC
EAU CLAIRE YMCA - HOBBS GYM

WEDNESDAY, 2:30-4:00 PM
NOVEMBER 9, NOVEMBER 30, DECEMBER 14, OR DECEMBER 28



Pickleball has become one of the most popular Active and Ageless sports! It's easy to learn, fun, and enjoyed by many - especially over the age of 50!

LEARN - PRACTICE - PLAY

If you have never played and are curious, here is your chance to give it a try! Pete Fasching, YMCA Healthy Living Staff Member, will review the rules and provide an opportunity to play in a safe, fun, and relaxed environment. Space is limited to 4 participants/clinic. If rosters fill, additional clinics will be scheduled!

Registration is Required! To register: contact Laurie Pettis lpettis@ymca-cv.org or 715-839-4608



IT'S AN ACTIVE & AGELESS CHRISTMAS TEA



Join us for a simple Christmas gathering! There will be Christmas Bingo with prizes, snacks, refreshments and Christmas music. Participants are welcome to bring a snack to share!

WHEN: Friday, December 2 TIME: 11:00 AM-12:00 PM COST:
Free to YMCA Members

WHERE: Eau Claire YMCA | Party Room No Registration Required

PART II: MAINTAINING BALANCE AS WE AGE

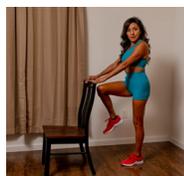
Last month in the October Active and Ageless Newsletter, we learned how important balance is and the integral role it plays in maintaining our quality of life! Below, let's learn about some simple balance exercises we can do within our own homes!

Balance-Enhancing Activities Balance training goes hand-in-hand with strength training. The stronger the muscles in your legs, glutes, feet and core, the better your balance. You can improve your balance by taking Tai Chi or yoga classes, but weight training, dancing, rock climbing or aerobics classes are also excellent ways to work on your balance skills. "Really any type of exercise seems to help with balance and fall risk," said Dr. Avril Mansfield, a senior scientist at KITE-Toronto Rehabilitation Institute, who specializes in movement science.

But some forms of exercise are better than others. If your only movement is walking on a smooth surface, with no side-to-side movement, it's not going to significantly improve your balance, said Dr. Rachael Seidler, a professor in the Department of Applied Physiology and Kinesiology at the University of Florida. If you really want to improve your balance, Dr. Seidler said, you'll get the most benefit focusing on several specific exercises.

Training Your Balance at Home

So how do you get started? Fortunately, most balance training doesn't have to require any special equipment, and you can start at home. As with any new exercise program, be sure to talk to your physician first, and have a chair nearby to grab onto if you feel unsteady. Try these five balance exercises two to three times a week, gradually increasing the difficulty as you feel comfortable and start to improve your strength.



Single-leg Stance

Stand behind a chair, holding on with both hands. Lift one leg off the ground, bending the lifted knee toward your chest and stand on one leg for five seconds. Repeat five times, then do the same with your other leg. Too easy? Hold onto the chair with one hand, release both hands or try closing your eyes.



Body Weight Squat

Stand with feet hip distance apart, toes forward. Bend your knees and lower yourself until your thighs are parallel to the floor, keeping your weight in your heels. Extend your arms in front of you if you need help with balance, or squat lower if it's too easy. Repeat 10 times. Hold a dumbbell to add to the difficulty.



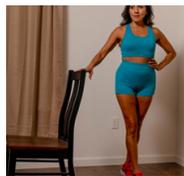
Bird Dog

Start on your hands and knees, back flat. Lift one leg straight behind you and lift the opposite arm straight in front, so you are balancing on one knee and one hand. Hold for five to 10 seconds, then repeat on the other side.



Lateral Leg Lift

Stand behind a chair, holding on with both hands. Lift one leg to the side, trying to keep your body as still as possible. Repeat with the other leg, five times per side. Increase the intensity by holding the leg up longer or letting go of the chair.



Tandem Stance

Stand up straight and put one foot directly in front of the other, with your heel touching your toe. Keep equal weight on both feet, knees slightly bent. Hold for 30 seconds, then switch feet, repeating three times. Close your eyes to make it more difficult.

Did you know many of our Active and Ageless group exercise classes can help you improve your balance? Take a look at the many opportunities the YMCA of the Chippewa Valley provides and find what might work for you.

BUILDING SELF AWARENESS: TINY BITES ADD UP!



Tiny Bites Total Big Calories!



"I never eat between meals."



"Almost everything I eat is low fat."



"I rarely have dessert."

Do you ever hear (or maybe say!) these comments, and then wonder "But, why am I still gaining weight?"

To answer that question we often have to look closer and check those "tiny" bites of food we might overlook throughout our day. For instance:

Bite 1:
One-fourth cup of orange juice is left in the carton. You might as well finish it, right?
Calories: 26

Bite 2:
Two tablespoons of fruity loops are left in your child's bowl. You eat it before putting the bowl in the sink.
Calories: 50

Bite 3:
You add two teaspoons of sugar to your coffee in the morning.
Calories: 31

Bite 4:
You take just a small "sample" of leftover cake. Well, maybe a second "sliver" would be O.K. too!
Calories: 73

Bite 5:
Oops! You forgot to ask them to leave the mayo off the hamburger this noon.
Calories: 100

Bite 6:
Add two mints. You also forgot to have them leave off the onion! Better have a mint or two for your breath, just in case.
Calories: 20

Bite 7:
You are watching TV and feel a little thirsty. Oh, a cola sounds good!
Calories: 140

Bite 8:
While you are in the kitchen, you see some chips and decide to have a few. What's the harm, it's just a tiny handful and not like you are going to eat the whole bag!
Calories: 105

Bite 9:
Cheese on cracker at grocery store. After all it's only a small sample.
Calories: 55

Bite 10:
At the check out counter, you notice the pop in the cooler and reach for one.
Calories: 140

Bite 11:
Two tablespoons macaroni and cheese. You sample it as you cook to make sure it tastes O.K.
Calories: 54

Bite 12:
One-fourth cup macaroni and cheese. There's a small amount left over. It hardly seems worth the effort to refrigerate only a fourth cup. You don't want to toss it, so you eat it.
Calories: 108

The Grand Total

"Extra" Calories For The Day: 902

If these extra calories are eaten daily, it might be possible to gain more than a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

If you've been adding "mystery" pounds, consider counting the calories in those "tiny" bites!



REMOVING THE MYSTERY



ACTIVE & AGELESS SPEAKER SERIES LET'S TAKE THE MYSTERY OUT OF MEDICARE! EAU CLAIRE YMCA

If you are approaching 65, your mind may begin to spin when you think about all of the Medicare options, rules, and various types of coverage.



Consider signing up for one of four seminars with Pat Turay, from The Insurance Center.

- Attend a Medicare Seminar
- Avoid Medicare PENALTIES
- There is NO FEE for his services

Attend a seminar & receive a \$10 gift card voucher!

when you attend a seminar, you'll receive a voucher for a \$10 gift card to some of your favorite retailers. The gift card has retail value upon voucher redemption: \$10. Vouchers are awarded upon seminar attendance. H5211_3843_10-22_C

WWW.YMCA-CV.ORG/AOA

WHEN: Friday, November 11

TIME: Four sessions to choose from

9:30 AM, 11:30 AM, 3:00 PM or 5:30 PM

COST: Free and Open to the Public!

WHERE: Eau Claire YMCA Conference Room

Registration is required. Contact Laurie Pettis to register:
lpettis@ymca-cv.org or 715-839-4608

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.



HOPE & SUPPORT THROUGHOUT A CANCER DIAGNOSIS

Cancer....it touches everyone in one way or another. Whether yourself, or your spouse/partner, sibling, parent, friend, or work colleague, we all know someone who is walking this difficult path.



The Eau Claire YMCA wants you to know that we are here for you! LIVESTRONG at the YMCA Cancer Survivor Program has been one of the cornerstones of our health intervention programming for over ten years. During this time, I've had the privilege of working with/meeting several hundred cancer survivors/family members of survivors through the FREE evidence-based LIVESTRONG Program.

What does this program look like? This Stanford-based curriculum is a free 12-week health and wellness program for adult cancer survivors. With appropriate medical clearance, we create individually-based strength, cardiovascular, and flexibility programs for each survivor, based upon their current medical status, interests, and abilities. We start off with a brief, individual assessment of upper and lower body strength, flexibility, and balance. Then, during the 12 weeks, meeting twice a week for an hour and 15 minutes (along with approximately 8-10 other survivors) and uniquely trained instructors, we gradually guide each participant in creating their own unique program, building strength, endurance, and improving flexibility. At the end of the program, assessments are repeated.

Participants regularly share that the opportunity to connect and share insights/experiences with other survivors is one of the most valuable benefits of this program. This also includes self-reported improvements in fatigue, anxiety, sleep, and depression. We have not only witnessed these connections, but have also seen functional improvements in each and every participant!! But you may wonder, what do participants say?

- "Coming to LIVESTRONG was the 'push' I needed to do something to take my life back. Cancer didn't win and I needed to learn how to overcome the challenges I was facing."
- "The mental clarity I've received, the physical strength I have gained, and the positive emotional attitude has been a WIN for me. You deserve to experience this too."
- "LIVESTRONG instructors helped me in so many different ways. Each one of them loved me, the ME aside from cancer. They were patient, kind and compassionate. They encouraged me through every frustration and I so needed that encouragement."

If you are an adult cancer survivor, anytime during or after treatment, or know of someone who is, please reach out! You do NOT have to be a YMCA Member and each participant, along with their household family, will receive a FREE ONE YEAR family membership to the YMCA!

Next Session: January 9-March 29, 2023 - Rosters are already beginning to fill!
Choice of two classes: Mondays/Wednesdays 1:00-2:15 PM OR 4:30-5:45 PM
Contact: Laurie Pettis - lpettis@ymca-cv.org or 715-839-4608

If rosters fill, you can register for our May 15-August 2, 2023 session.

5 WAYS TO CUT COSTS & CALORIES THIS THANKSGIVING

Hosting Thanksgiving dinner is a wonderful tradition, a chance to welcome our loved ones into our homes for quality time together and a delicious meal. Should be a breeze, right? But we all know the stress that can come along with hosting such a feast. Ever-expanding ideas for dishes to make and décor to hang leads most Americans to not only overeat, but also overspend. Here are five ways to prevent breaking the bank completely (both calorically and financially).



#1: Plan Ahead

Making a menu and full ingredient list a few weeks before Thanksgiving will give you a few advantages. With time to prepare, you can perfect a balanced and simple menu. Avoid the extravagant marinades, sides, and garnishes: Go back to the basics! You can also alleviate the burden of one large purchase and buy a little at a time. Bring your list to the store once November hits and be on the lookout for coupons, sales, and nonperishable ingredients in bulk; this helps cut the cost per item.

#2 Bake from Scratch

Pre-heat that oven and get baking! Store-bought pies, especially from private bakeries, can be costly. Stock up on baking ingredients for a less expensive approach. For those of you looking to watch calories this Thanksgiving, get creative and find a light recipe that appeals to you. Ditch the store-bought custards and crèmes and make a delicious pumpkin- or fruit-based pie instead.

#3: Focus on Vegetables

Seasonal low-cost items such as sweet potatoes, squash, kale, brussels sprouts, beets, and carrots can make a variety of side dishes. Not only will the veggies add a pop of color to your spread, they will save you money. Vegetables are always less expensive than serving additional meats and complex recipes. You and your guests will have a healthier meal (think plates loaded with veggies). Try swapping your sausage stuffing for a vegetarian recipe — you're likely to cut the cost and calories!

#4: Make the Most of Your Leftovers

Even the savviest Thanksgiving hosts are likely to take a hit on their grocery bills. Use your leftovers to minimize grocery costs in the week following the big event. Replicas of the meal itself can become redundant and high in calories, so try something different, such as turkey noodle soup or turkey salad sandwiches.

#5: Get Everyone Involved by Hosting a Potluck

Have your guests each bring a dish; this approach can help you cut costs substantially. It can also be a fun way for you and your loved ones to showcase your best dishes. Bonus: The meal will come together very quickly, allowing you to focus more on spending time with your guests.

Whether you're a guest or a host, trying a potluck or planning the whole menu, here's a health tip: Be very selective at holiday meals. Take the foods you look forward to most and leave the ones you could do without or are likely to eat more regularly.

Thanksgiving is meant to be a day full of family, fun, and of course giving thanks. Don't let the pressure to host an elaborate event get in the way of enjoying the day. You can find ways to save and still have time to relax, enjoy, and let go a little!

<https://www.upmcmymyhealthmatters.com/5-ways-cut-costs-calories-thanksgiving/>

ACTIVE & AGELESS GROUP EXERCISE LAND & WATER CLASSES

For the complete list of offerings, go to our website:
www.ymca-cv.org/groupexchedules

SUNDAY:

- 4:15-5:10 PM - Zumba
- 5:15-5:45 PM - Butts & Guts

MONDAY:

- 8:00-8:55 AM - Deep Intentions (water class)
- 9:00-9:45 AM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:30-11:15 AM - Chair Yoga
- 5:30-6:30 PM - Zumba
- 7:00-8:00 PM - Hydro Aerobics (water class)

TUESDAY:

- 8:00-8:45 AM - Strength, Balance, and Flexibility
- 8:00-8:55 AM - Aqua Zumba (water class)
- 9:00-9:40 AM - Cardio Blast and Sculpt
- 9:45-10:30 AM - PIYO
- 5:30-6:15 PM - Yoga
- 6:15-7:00 PM - Meditation and Mindfulness

WEDNESDAY:

- 8:00-8:55 AM - Deep Intentions (water class)
- 8:00-8:50 AM - Yoga (for Health)
- 9:00-9:45 PM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:30-11:15 AM - Sit and Fit
- 12:05-12:50 PM - Hatha Yoga
- 5:30-6:30 PM - Zumba Toning
- 6:45-7:35 PM - Yoga

THURSDAY:

- 8:00-8:45 AM - Strength, Balance, and Flexibility
- 8:00-8:55 AM - Aqua Zumba (water class)
- 9:00-9:40 AM - Cardio Blast & Sculpt
- 9:45-10:30 AM - PIYO
- 5:00-5:45 PM - Yoga

FRIDAY:

- 8:00-8:55 AM - Hydro Aerobics (water class)
- 9:00-9:45 AM - Kickboxing Dance Fitness
- 9:15-10:00 AM - Joint Efforts (water class)
- 10:00-10:45 AM - Sit & Fit
- 12:05-12:50 PM - Hatha Yoga

SATURDAY:

- 8:00-8:55 AM Aqua Zumba (water class)
- 8:00-8:50 AM - Yoga (for Health)
- 9:00-10:00 AM - Zumba Toning



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

NOVEMBER WORD SEARCH

America
canoe
colony
cornucopia
England
fall
family
feast
freedom
Thanksgiving
turkey
yams
stuffing

gratitude
harvest
holiday
Indians
maize
mayflower
miles standish
newworld
November

pilgrims
Plymouth
pumpkin pie
Puritans
squash

