



Milton Seniors' Activity Centre

Active living is a way of life!

Non-members and those under 55 are also welcome to participate!

What's Happening at the Centre

Help With Snow Removal at End of Driveway: Windrow Registration
Fri, Oct 14, 9:00 am - 3:00 pm (\$50; spaces are limited)

This program assists older adults and persons with disabilities by clearing piles of snow left at the bottom of driveways (windrows) after the snow plough passes. Register in person, first-come, first-served.

Do Something Cool This Fall

Register for your favourite program at the Centre or try something new, like one of these workshops!

Social Media - Twitter

Thu, Oct 13, 10:00 am - 12:00 pm \$4.96

Curious about Twitter? Are you looking for ways to receive the latest news, find scores for your favourite sports team and more? Join us to learn about using Twitter, hashtags and beyond. Bring your laptop, tablet or mobile phone.



Social Media - Instagram

Thu, Nov 3, 10:00 am - 12:00 pm \$4.96

Say "cheese" and now post it! Find out how to use this popular photo-sharing social network. Learn how to install Instagram on your computer, find and follow users, and post photos. Bring your laptop, tablet or mobile phone.



Art of Scarf Tying - Fall Fever

Tue, Oct 18, 10:30 am - 12:00 pm

\$2.00 members/\$4.25 non-members

Discover some new ways to tie your fall and winter scarves and then wear them with creative flair for a whole new sense of fashion!



Centre Closure

October 10: Closed for Thanksgiving

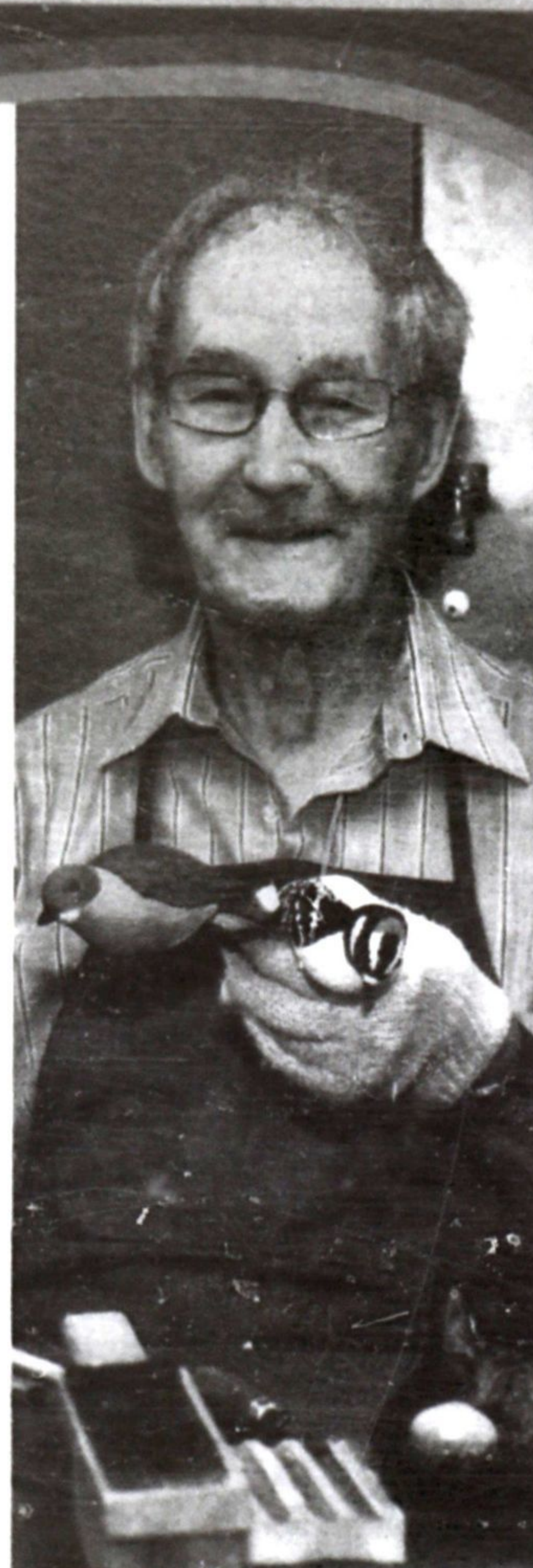
Program Cancellation

October 8: Billiards & Table Tennis

www.milton.ca/olderadults

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8 Ways You Can Help a Senior Get the Proper Nutrition

1. **Talk to the senior's doctor.** If a senior is losing weight, work with his or her doctors to identify and address contributing factors. Changing medications that affect appetite, curbing or eliminating any diet restrictions until the nutritional problem passes, and working with a dentist to treat oral problems can help.
2. **Encourage him or her to eat nutritious foods.** Spread peanut or other healthy spreads on toast and crackers, fresh fruits, vegetables. Sprinkle finely chopped nuts or wheat germ on yogurt, fruit, and cereal. Add extra egg whites to scrambled eggs and omelets, and encourage use of whole milk. Add cheese to sandwiches, vegetables, soups, rice, and noodles.
3. **Live up blend foods.** Add lemon juice, herbs, and spices to foods. If the senior is experiencing a loss of taste and smell, try some new seasonings and recipes.
4. **Encourage healthy snacks.** A piece of fruit or cheese, peanut butter by itself or as a spread, or a fruit smoothie can provide healthy nutrients and extra calories.
5. **Make meals social events.** Visit at mealtimes, or invite seniors for dinner at your home or out at a restaurant. Encourage seniors to join programs and senior centers where they can dine with others.
6. **Make sure seniors get regular physical activity.** Even light daily exercise can stimulate appetite, while strengthening bones and muscles.
7. **Provide tips for saving money.** Persuade seniors to have a shopping list at the store, check store flyers for sales, and select less expensive brands. Suggest splitting the cost of bulk goods or meals with friends or family members, and dining at restaurants with senior discounts.
8. **Boost hydration for overall good health.** Seniors should get at least 64 ounces of healthy fluids per day.

Comfort Keepers® can help. Our caregivers can watch for the signs of malnutrition and help plan and prepare healthy meals for loved ones. Give us a call: Guelph, 519-760-3408 • Milton, 905-875-2900

References:
 Mayo Clinic, Senior Health: How to Prevent and Detect Malnutrition. Web. 2014. / Today's Dietitian, "Malnutrition in Older Adults" by Kim M. Waggoner, MS, RD, LDN, CNSC, and Rose Ann DiMaio-Guini, PhD, RD, CNSC, FOSPF. Web. 2015. / A Place for Mom: How to Prevent Senior Malnutrition. Web. 2016. / Statistics Canada, Nutritional risk among older Canadians. Web. 2015.

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