

Super Bowl Party

Friday, February 7th

Rep your team!

Games, and a Chili Cheese Dog lunch!

Supper Club!

Wednesday, February 19th

Bus leaves 4:30p

AJ'S PIZZA CO.

EST. 1982

Sign up 2/5 10a
in the Four Seasons Room

Cost: \$5

Random Acts of Kindness Week

February 9-15th

Pick a fellow member who's new to you, and do something kind. Follow the insert in this booklet and have some fun!

Four Winds Casino
New Buffalo, MI

Wednesday, February 12th
Bus leaves 9:40a



Come on Lucky 7's

Valentine's Day Party!

Friday, February 14th

Name that Love Song Game!

BE KIND,
SPREAD LOVE,
HAVE LUNCH
WITH SOMEONE
NEW!

Learn How to Make Pierogis

February 26th 9:30a
Four Seasons Kitchen

Sign-up on 2/18
Capacity: 8

For beginners & those that love pierogis!



JOIN US FOR FEBRUARY CRAFTS!

2/5

Lapel Pins

2/12

St. Patrick's Day Project

2/19

Mr. Leprechaun

Center Closure: Monday, February 17, 2025
in Observance of President's Day!

Thank you to our Newsletter Sponsor!



Take Your Health to Heart

February is Heart Health Month

Protect your heart today! Get a blood pressure check and recognize heart disease symptoms. NorthShore Health Centers is here to help—schedule your check-up today!



www.NorthShoreHealth.org

888-459-2349



Bonner Senior & Community Center

February 2025



Brendan Clancy, Trustee
3590 Willowcreek Rd. Ste B
Portage, IN 46368
219-762-1623

www.portagetrustee.org

Avery Edmonds, Site Manager
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Portage, IN 46368
219-762-3591

Inclusiveness: Celebrating Love in all Forms this Valentine's Day

Love comes in many forms. This Valentine's Day embrace friendship, Self-Love, Self-Care, Family love, acts of Kindness, and Love for pets.

Make Valentine's Day inclusive. Invite someone new into your group.

Clique: a small group of people, with shared interests or other features in common, who spend time together and do not readily allow others to join them.

How To Stay Hydrated for Better Health

Water isn't just a refreshing thirst-quencher. It's essential to almost all bodily functions, from lubricating our joints to pumping blood to our heart. *Staying hydrated is a key part of maintaining good health.*

Early dehydration symptoms include:

- Fatigue, or feeling weak
- Irritability
- Dizziness
- Headaches
- Muscle cramps in arms or legs
- Dry mouth
- Confusion, decreased cognitive function
- Dark-colored urine, urinating less frequently

The tiredness and lack of coordination that may result from dehydration can also lead to falls and injury.

The best way to prevent dehydration is the simplest: drink more water throughout the day.

Rare Disease Day (February 28)

Men, women, and the elderly are all impacted by Rare Diseases. 25-30 million Americans are living with a rare disease. More than 95% of rare diseases are still without an FDA approved treatment. Over 7,000 rare diseases have been identified. All pediatric cancers are rare.

Benefits of Physical Activity for Those 65 and Older

- Improved mental health.
- Improved cardiovascular health.
- Can help maintain blood sugars.
- Improves balance and coordination, which reduces risks of falls.
- Prevents loss of bone density.
- Boosts Immunity.
- Improves sleep quality.
- Improves mood.
- Reduces anxiety and depression.
- Helps control your blood pressure.
- A new way to meet friends.
- It's fun!

Join us at the Bonner Senior & Community Center
Monday through Friday at 10:30a.m. in the
fitness room for Fitness class led by Gail!