

In The Center

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Now Hear This!

Soles4Souls

The Fontana Center will be hosting a Shoe Drive to help support the efforts of Soles4Souls. Soles4Souls facilitates the donation of shoes, which are distributed to people worldwide. "This charity distributes shoes to people in need, regardless of race, religion, class or any other criteria." Anyone can donate to the cause and both new and gently worn shoes are accepted.



We will have a drop box set up in the gym area beginning Monday, March 15th and it will remain until Friday, April 15th. All types and sizes of shoes will be accepted.

We encourage you to help us, help the needy. For more information about the Soles4Souls organization log onto

www.soles4souls.org



Art Walk

Our Art Walk has been such a popular addition that we would like to be able to continue!! We would love to display your work or the work of someone you know. So, if you have something you would like to display, please bring it into the front desk (attach name & contact information) and we will take care of displaying it. If we are currently displaying

your work, feel free to bring us more of your favorite pieces.

Photo Op

We want your photos, more specifically, wedding photos. We would like to display a collage of wedding photos of all married Fontana Center members. All of you are invited to share one of your wedding photos with us. These will be posted up in the gym area for everyone to view. If you would like to share a photo with us, please include your name and anniversary date along with the photo. We think this will be a fun way to see weddings through the years and to see how much we have or have not changed.



Is Your Home Safe

We all know that as we move along in years, our needs and abilities change. The home is one thing that may need some modifications to meet our changing needs and abilities. AARP has published "The AARP Home Fit Guide" to give tips on keeping your home comfortable, safe and liveable for a life-time. If you would like a copy of the guide, we have them available. Just see Monica or Christina for your own take home guide.

Spring is in the Air

With spring in the air, everyone is eagerly awaiting the chance to be outdoors. Many of us will take this time to beautify our yards and gardens. The majority of us will also feel sore, tired, and achy from using muscles that have not been used since last spring. We would like to offer a few tips on how to possibly avoid some of these aches and pains.



- ✿ **Treat gardening as a sport** - warm-up as you would prior to any activity - including stretches - before & after
- ✿ **Manage your time** - realistically plan how much you can do in one day - injuries usually occur from doing too much too fast
- ✿ **Maintain good body mechanics** - keep your back straight and use your knees - hold things close when lifting
- ✿ **Alternate work area** - move from place to place alternating muscle groups
- ✿ **Use equipment for assistance** - stools, benches, cushions can help avoid strain on the lower back
- ✿ **Take breaks** - use these few minutes to stretch, get water, and assess the work you have already completed
- ✿ **Stop before exhaustion** - muscles are more prone to injury when fatigued
- ✿ **Don't forget sunscreen** - on top of muscle soreness you do not want a sunburn

Exercise = Mental Sharpness

Recent research done by the University of Pittsburgh, University of Illinois, Rice University and Ohio State has shown that an aerobic exercise program, over the course of one year, can increase the size of the hippocampus - the part of the brain key to memory and spatial navigation. The study was performed on adults ages 55 to 80 who did not exercise regularly.

The 120 subjects were randomly divided into two groups, one of which did aerobic walking and the other performed stretching and resistance exercises. The aerobic walking group saw an increase in size of the hippocampus over the year long study while the stretching group saw a decrease in size. The group of walkers also had an increase in brain chemical levels that improve learning and memory capabilities. The researchers also said that it is never too late to begin an exercise routine.

Water Class Schedule

New and exciting changes have been incorporated into the water aerobics schedule. Water walking classes are beginning this month and we feel like this is a good addition to our current line-up of classes. These classes are designed to be low impact cardiovascular exercise and can accommodate all fitness levels. Pick up a copy of the latest schedule or log onto www.fontanacenter.com for more details.

Summer Swim Lessons

We are looking ahead to summer swimming lessons and have set dates and times for group classes. Anyone interested in lessons can begin calling to register on April 1st.
