



Canyon Lake Senior Center

December 2009 Online Newsletter

Prez Sez

By Marvin Espeland

In the May, 2009, issue of the Senior Citizens News, I made reference to an article in the April issue of the Mayo Clinic Health Letter that clearly demonstrated how important church groups, clubs, senior centers and the like are in filling a very important social need to seniors. The article was reproduced in that Senior Citizens News.

In my perusal of the latest edition of the Mayo Clinic Health Letter, I came across another article that I feel has particular importance to us in our senior years. It is entitled "Why exercise matters after age 50." That subject is currently being emphasized by many health sources but this one puts numbers on expected life expectancy if one chooses to exercise. These data are based on a recent study published in the British Medical Journal. The Mayo Clinic Services has given us permission to quote/or copy their article, see page.

I don't expect that if we all heed the article's advice, we can expect a huge swelling of our "over 90" ranks, but the closing sentence of the article makes a good point "--it's never too late to get more physically active to promote a healthier life."

To all of you, Beverley joins me in wishing you a Very Merry Christmas!

Memorandum from Michael

By Michael LaBelle

We are entering the best time of year as far as I am concerned.

Macy's Thanksgiving Day parade has always been the start of the Christmas season for me. The weather is cooling off and there is always a bit of snow between Thanksgiving and Christmas. Having been raised in Central Florida, there was always something missing, especially when you can go swimming on Christmas Day. The changing of the seasons has always brightened my days, especially with a bit of snow on the ground.

We have only been in the Black Hills for the past 13 years and I don't want to move anywhere else.

The Christmas season is upon us with a chill in the air, smells of baking from the kitchens and a cheerful attitude of folks we meet. My wish for you and your family is that you are blessed with the joy of the season and you have a Merry Christmas and safe New Year.

Memberships Now Available

By Canyon Lake Staff

For the upcoming holidays the staff of Canyon Lake Senior Center has come up with an idea. We wish to offer members the renewal of the annual membership dues at the current 2009 rate. So get your memberships now for \$25 before they go up in price.

You may also want to consider that person who is hard to buy for or has everything. For \$25, maybe you would like to buy that person a membership to our Center--a fine holiday gift, or just a way to say thanks for being a friend all these years.

You'll also get your yearly planner or CLSC pen when you renew your membership. Supplies are limited. So get to the Office at your soonest convenience.

Christmas Dinner December 8

By *LaVonne Sartorius*

As we have had for the past three years, Canyon Lake Senior Center will have a combined Thanksgiving and Christmas Dinner catered by Tin Lizzie.

The dinner will be on Tuesday, Dec. 8, at 1 p.m. Sign up in the Office by 5 p.m. Thursday, Dec. 3. Tickets are \$8. Bring your own table setting.

In the spirit of Christmas, why not also bring a can of food to contribute to the Food Bank?

AARP – Tax Aide

By *John Wolf, AARP*

This year AARP Tax-Aide, the nation's largest free volunteer-run tax assistance and preparation service is seeking volunteers to assist in tax assistance and preparation. Volunteers of all ages and backgrounds are welcome; you do not need to be an AARP member or retiree to volunteer.

Volunteers receive free tax training and are reimbursed on a limited basis for qualified program-related expenses. They help customers one-on-one at tax sites. It is a great way to learn new skills and to be involved in your community. For more information or to volunteer call 342-6198.

Character Counts

By Sena Zoller

When I attended the Association of Fundraising Professionals conference, I was asked by Chiesman Center for Democracy to partner with Canyon Lake School as a sponsor for their Character Counts program. The board of directors approved this.

We would help them to build character traits of trust, worthiness, respect, responsibility, fairness, caring and citizenship. I think the Canyon Lake Senior Center is a wonderful place for them to visit. We have many good people who would be great mentors.

Ann Hennies and I attended the Character Counts banquet in October. We met representatives from Canyon Lake School who came up with good ideas to help build character traits.

We hope we can set up times when they might visit the Center. We will co-ordinate with activity leaders about a good time to visit. Students are very interested in our art class, badminton, computers, etc. So watch for some happy faces.

“We cannot always build the future for our youth, but we can build our youth for the future”
(Franklin Delano Roosevelt).

The Essentials in Fundraising

By Sena Zoller

Recently I attended a seminar sponsored by the Association of Fundraising Professionals of South Dakota. The training was designed to help our fundraising volunteers develop basic fundraising skills.

The speakers were very informative and interesting. We had time to ask questions and participate in different functions. We were to come up with something interesting to tell as we tried to ask for donations. Like “why was our organization so important?”

I was told of a man coming to our exercise class using a cane. A few weeks later he got rid of the cane and now exercises like everyone else. He looks fit and trim and will be 89 in December. We have 15 people in our group over the age of 90.

Then in one or two sentences we were to tell the purpose of our organization. I said, “Canyon Lake Senior Center is a place where people can come to enjoy their youth. Like a bucket list, they can come here and have fun doing things they didn’t have time for when they were young.”

We were asked for some of the ways we raised funds. I was so happy to tell them about all the wonderful fundraisers we’ve had and what great people we have at our Center. It was a pleasure to represent Canyon Lake Senior Center at this seminar.

Want to Feel Better, Look Better and Enjoy Life Just a Bit More?

By Jeanne Kirsch

Check out the Pilates class that is held every Wednesday and Friday at

1:15 p.m. at Canyon Lake Senior Center.

German born Joseph Pilates developed Pilates, a strange name for an exercise class, in the 1920's. Pilates' technique offers a unique method of body control and conditioning—stretching and strengthening the muscles while improving flexibility and balance.

Appropriate use of breath is vital to the correct performance of the Pilates exercises. For the blood to circulate properly, it has to be charged with oxygen through proper breathing.

Breathing, correct posture/alignment, and gaining a strong “core” (the very large group of muscles in the center of the body) are essential to healthy living. Pilates covers all of this.

CLSC Adjusted Calendar

By Programs & Planning Committee

Due to the lack of attendance and volunteers for the potlucks and birthdays, the Programs and Planning Committee has decided to have four combined birthdays during the year. There will be cake, ice cream and entertainment for each of the four occasions. The birthday people will no longer be called. The schedule for 2010 is as follows:

January.....Pancake Supper, Tuesday, Jan. 12, 4:30 to 5:55 p.m.

February....Birthday celebration will be for January, February and March on Tuesday, Feb. 16, at 2 p.m. with cake, ice cream and entertainment.

March.....Monday, 1st of March general meeting, catered. Tuesday, 9th, Spaghetti Dinner, serving from 4:30 to 5:55 p.m.

April.....Tuesday, 13th, Chicken Noodle Dinner, serving from 4:30 to 5:55 p.m.

May.....Birthday celebration will be for April, May and June on Tuesday, May 18th, at 2 p.m. with cake, ice cream and entertainment.

June.....Annual business meeting catered, 4:30 p.m. the first Monday.

July.....Picnic Tuesday, July 20, 3 p.m., 7th Cavalry Band providing entertainment.

August.....Birthday celebration for July, August and September on Tuesday, Aug. 17, 2 p.m. with cake, ice cream and entertainment.

September..Mighty Nineties birthday celebration Thursday, Sept. 23, at 2 p.m.

October.....General meeting, catered on Monday, Oct. 4, at 4:30 p.m.

November..Birthday celebration will be for October, November and December on Tuesday Nov. 16, at 2 p.m. with cake, ice cream and entertainment.

December..Christmas meal and entertainment to be determined.

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