

Birthdays

Join us in wishing a very happy birthday to:

Elaine N.
October 2

Jane M.
October 2

Keith C.
October 6

Rosie A.
October 6

Richard N.
October 7

Josephine R.
October 8

Carolyn B.
October 9

Gladys C.
October 10

Kathleen S.
October 17

Theresa M.
October 18

Ivy H.
October 21

Joan D.
October 24

Sarah B.
October 28

Wanda M.
October 28

Patricia M.
October 30



Healthy Recipe: Pumpkin Cake

Serves: 18
Serving size: 1 slice

Ingredients:

- 1 box spiced cake mix
- 1 15-ounce can pumpkin puree
(do not use pumpkin pie filling)
- 3/4 cup walnuts or 3/4 cup dark chocolate chips



Directions:

1. Preheat oven to 350 F.
2. In a large bowl, combine cake mix and pumpkin puree.
3. Mix in walnuts or chocolate chips.
4. Coat 9-by-13-inch pan with cooking spray. Spread batter in pan.
5. Bake for 30 to 40 minutes.

Allergen warning: This recipe contains nuts.

Nutrition facts for slice with walnuts: 152 calories, 5g total fat, 1g saturated fat, 187mg sodium, 25g carbohydrate, 2g protein.

Nutrition facts for slice with dark chocolate chips: 155 calories, 4g total fat, 2g saturated fat, 188mg sodium, 29g carbohydrate, 2g protein.

Contact Us

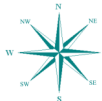
Gretna Senior and Wellness Center

476 Franklin St.
Gretna, LA 70053
Phone: 504-301-3743



Hours of Operation

Monday through Friday
8 a.m. to 4 p.m.



Directions

We're located in Gretna on the northeast corner of Franklin Street and McDonogh Street, just south of U.S. Highway 90.



Email Us

Have a question or comment? We would love to hear from you!
Email us at phwellness@peopleshealth.com.

WE'RE ON THE WEB!

<http://www.peopleshealthwellnesscenter.com>

PEOPLES HEALTH

Wellness Programs & Centers

Gretna Senior and Wellness Center Let's Talk Wellness

October 2015

October Holidays and Events:

October 12
Columbus Day

October 26
National Day of the
Deployed

October 27
Navy Day

October 31
Halloween



Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Current statistics show that breast cancer is the second most common cancer in women (melanoma is first) and that one in eight women will develop breast cancer in her lifetime. Though rare, men can also suffer from breast cancer.



The best way to fight the disease is prevention and early diagnosis. Two measures you can take are performing monthly breast self-examinations and scheduling a mammogram.

The National Cancer Institute recommends women age 40 and older receive a mammogram every one to two years. If you have a family history of the disease or have had issues with your breasts, your doctor may recommend having a mammogram at an earlier age. Discuss these important topics with your doctor.

There are several symptoms of breast cancer. Notify your doctor right away if you have any of the following: a lump or mass in the breast; a change in the size or shape of the breast; discharge from the nipple; changes in the skin on the breast or nipple; an area of the breast that is significantly different from the rest; or a hard, round area under the skin.

Currently there is no way to completely stop breast cancer, but there are certain activities that may help prevent the disease or aid you in battling it. Exercise is one measure that appears to prevent the disease. A nutritious diet also plays a role in prevention. Diets containing low-fat dairy, lean meats, fruits, vegetables and whole grains may help ward off breast cancer. Protect yourself with a diet high in vitamins, especially A, C, D and E; minerals, such as calcium, selenium and iodine; and fiber.

Breast cancer awareness is the first step to protecting yourself and those you love from a disease that affects millions. Being proactive in the fight just might save your life.

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Calendar of Events for October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>RED: Change in the schedule ORANGE: Arts and crafts BLUE: Educational PINK: Party PURPLE: Music therapy class</p>	<p>Served Daily: 8 9 a.m. Breakfast 12 1 p.m. Lunch</p>		<p>10-11 a.m. Line Dancing 1 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making 1:30-3 p.m. Gretna Senior and Wellness Center Chorus</p>	<p>9:15-10:15 a.m. Senior Fit and Fun 2 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo 1-2:30 p.m. DIY Coasters</p>
<p>9:30-10:30 a.m. Senior Fit and Fun 5 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo</p>	<p>10-11 a.m. Zumba 6 11:05 a.m.-12:05 p.m. Pilates and Stretch 12-1:30 p.m. Throw Blankets and Pillow Making 2 p.m. Center Closes Early</p>	<p>9:30-10:30 a.m. Line Dancing 7 10:35-11:35 a.m. Yoga 2-3:30 p.m. Crocheting Class</p>	<p>10-11 a.m. Line Dancing 8 11:05 a.m.-12:05 p.m. Senior Fit and Fun 12:15-2:15 p.m. Bingo</p>	<p>9:15-10:15 a.m. Senior Fit and Fun 9 10:35-11:35 a.m. Zumba 12:15 p.m. Center Closes Early</p>
<p>9:30-10:30 a.m. Senior Fit and Fun 12 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo</p>	<p>10-11 a.m. Zumba 13 10:30-11:30 a.m. ProBono Project 11:05 a.m.-12:05 p.m. Pilates and Stretch 12:15-12:45 p.m. "What is Music Therapy?" Presentation 12-1:30 p.m. Throw Blankets and Pillow Making 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games</p>	<p>9:30-10:30 a.m. Line Dancing 14 9:30 a.m.-1 p.m. Blood Pressure Screenings 10:35-11:35 a.m. Yoga 2-3:30 p.m. Crocheting Class</p>	<p>10-11 a.m. Line Dancing 15 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making 1-3 p.m. Saints Themed Birthday Party</p>	<p>9:15-10:15 a.m. Senior Fit and Fun 16 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo</p>
<p>9:30-10:30 a.m. Senior Fit and Fun 19 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo</p>	<p>10-11 a.m. Zumba 20 11:05 a.m.-12:05 p.m. Pilates and Stretch 11:30 a.m.-12:15 p.m. Drum Circles 12-1:30 p.m. Throw Blankets and Pillow Making 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games</p>	<p>9:30-10:30 a.m. Line Dancing 21 9:30 a.m.-1 p.m. Blood Pressure Screenings 10:35-11:35 a.m. Yoga 2-3:30 p.m. Crocheting Class</p>	<p>10-11 a.m. Line Dancing 22 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making 1:30-3 p.m. Gretna Senior and Wellness Center Chorus</p>	<p>9:15-10:15 a.m. Senior Fit and Fun 23 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo 1-2:30 p.m. DIY Coasters</p>
<p>9:30-10:30 a.m. Senior Fit and Fun 26 10:35-11:35 a.m. Zumba 12-2 p.m. Bingo</p>	<p>10-11 a.m. Zumba 27 11:05 a.m.-12:05 p.m. Pilates and Stretch 11:30 a.m.-12:15 p.m. Drum Circles 12-1:30 p.m. Throw Blankets and Pillow Making 1-2 p.m. Beanbag Baseball 2-3 p.m. Wii Games</p>	<p>9:30-10:30 a.m. Line Dancing 28 9:30 a.m.-1 p.m. Blood Pressure Screenings 10:35-11:35 a.m. Yoga 2-3:30 p.m. Crocheting Class</p>	<p>10-11 a.m. Line Dancing 29 11:05 a.m.-12:05 p.m. Senior Fit and Fun 1:30-3 p.m. Jewelry Making 1:30-3 p.m. Gretna Senior and Wellness Center Chorus</p>	<p>10 a.m.-3 p.m. Gretna Senior and Wellness Center First Annual Fall Fest Fundraiser 30</p>

Spotlight on Upcoming Events!

Fall Fest Fundraiser

Center members will be selling their creations including jewelry, pillows and blankets to raise money for the center's programming.

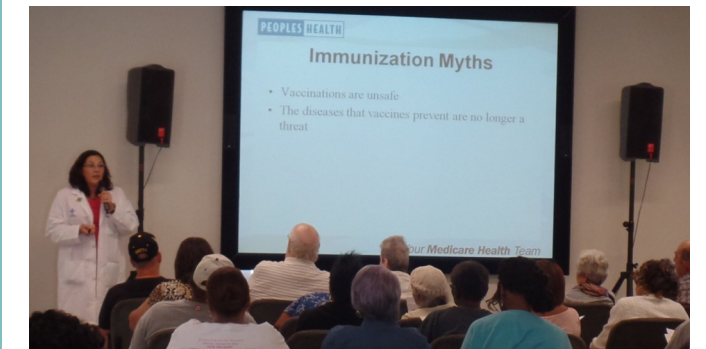
- Friday, October 30, from 10 a.m. to 3 p.m.

Welcome, New Members!

Join us in welcoming our newest members:

- Rosalia L.
- Christine B.
- Agnes M.
- Charlie C.
- Sandra R.
- Laura H.
- JoAnne W.
- Tomellar M.
- Irene W.

We Had Fun in September!



On September 24, Dr. Cherie Drez Bragg held a presentation about immunizations at the center's health fair.



On September 10, center members completed an eight-week course that focused on balance and the importance of fall prevention.