

Find Your Balance

Personal balance is often taken for granted, but it is a fundamental quality of daily life.

According to the Center for Disease Control, 2.5 million older Americans are treated each year in the emergency room for injuries caused by falling. Therefore, improving your balance is an essential component of preventative care.

Losing Your Balance

Seniors most commonly lose their balance due to:

- Poor vision;
- Weakened joints;
- Poor posture;
- Dragging feet;
- Increased dizziness; or
- Delayed responsiveness.

Many of the above afflictions come as part of the natural aging process, but this does not mean you can't work to improve your balance.

Regaining Your Balance

The good news is your balance can be strengthened and regained through training. Much of our balance is lost as we age due to inactivity.

Simple stretching and sports, such as yoga or Pilates, are easy and effective ways to retrain your body and regain balance you once had.

Chair Exercises

If you are looking for something you can do a little each day (without a yoga mat) then grab a chair. Standing directly behind it, rest one hand on the back of the chair and the other on your hip.

Lift one leg, bending your knee slightly. Hold this leg up for a count of 10, bring it back down to the floor for a moment of rest, and then repeat. Do nine additional repetitions on that side, before repeating the exercise with your other leg.

Increase Your Flexibility

Flexibility plays a large role in maintaining and strengthening your balance. Have you noticed it's not as easy to complete everyday tasks, such as reaching for items on high shelves or bending over to put on shoes? Stretching for 10 minutes each day will vastly improve your range of motion. Just be sure not to over extend yourself. Stretching should produce a nice pull — never pain.



VOLUNTEER OPPORTUNITIES

Today's retirees recognize that an active retirement tends to be more rewarding than simply sitting around the house, and that attitude is reflected in the vast number of retirees who volunteer with various nonprofit organizations and other programs across the globe. The following are a handful of volunteering opportunities for those retirees who want to give back and make the most of their retirements. These local organizations are looking for volunteers and could use your help.

Bohemia Gold Mining Museum.....	541-942-5022
Community Sharing.....	541-942-2176
Cottage Grove Area Chamber of Commerce	
Visitor Center.....	541-942-2411
Cottage Grove Community Hospital Hospice.....	541-942-0511
Cottage Grove Genealogical Society	
Jane Meyers	541-942-9570
Phyllis Pruitt.....	541-942-3068
LIBRARY.....	541-942-9570
COTTAGE GROVE HISTORICAL SOCIETY.....	541-942-2176
COTTAGE GROVE PUBLIC LIBRARY.....	541-942-3828
COTTAGE GROVE SENIOR CENTER.....	541-942-8751
HABITAT FOR HUMANITY COTTAGE GROVE AFFILIATE.....	541-767-0358
HUMANE SOCIETY OF COTTAGE GROVE.....	541-942-3130
MEALS ON WHEELS PROGRAM.....	541-942-9261
SENIOR & DISABILITY SERVICES.....	541-682-3353
SOUTH LANE SCHOOL DISTRICT.....	541-942-3381
SOUTH LANE WHEELS.....	541-942-0456
THIS & THAT CORNER HUMANE SOCIETY THRIFT SHOP.....	541-942-3130

COTTAGE GROVE SENIOR CENTER

ACTIVITIES SCHEDULE

MONDAY

BINGO 12:45PM

TUESDAY

WOODCARVING & PAINTING 10AM

CHARITY QUILTING 10AM

WEDNESDAY

PINOCHLE 11:30-4PM

NEEDLE ARTS AND CRAFTS 1-4PM

THURSDAY

MEXICAN TRAIN DOMINOS 12:30PM (1ST & 2ND THURSDAYS)

BUNCO (4TH THURSDAY OF THE MONTH AT 12PM)

FRIDAY

PINOCHLE 1-4PM

SENIOR LAW (2ND FRIDAY OF THE MONTH 10AM-12PM)

CALL US AT THE COTTAGE GROVE SENIOR CENTER IF YOU HAVE ANY QUESTIONS OR WOULD LIKE TO START OR HAVE A NEW ACTIVITY AT 541-942-8751.