



# THE CENTER

## Active Older Adult Newsletter | April 2026

### NO CLASSES – VACATION WEEK

**April 2 | 10:00 am**

### OUR OCEANS (PART 1 OF 5) - SENIOR KITCHEN

**April 9 | 10:00 am**

Our Oceans is a documentary nature series narrated by Barack Obama, exploring the world's five oceans through stunning cinematography and cutting-edge technology, highlighting marine life and the impact of climate change.

### BINGO WITH PRIZES - LOBBY

**April 16 | 10:00 am**

Enjoy the chance to socialize and win a prize!

### OUR OCEANS (PART 2 OF 5) - SENIOR KITCHEN

**April 23 | 10:00 am**

Our Oceans is a documentary nature series narrated by Barack Obama, exploring the world's five oceans through stunning cinematography and cutting-edge technology, highlighting marine life and the impact of climate change.

### BOOK CLUB - LOBBY

**April 30 | 10:00 am**

Join us for a discussion of the book "Arise Brothers" by John Tuohey. Just prior to the Viet Nam War, three teenage boys meet in the second largest psychiatric hospital in the US. The 3 forge an unlikely friendship. They make their way out of the hospital and into the military. They reunite in Viet Nam. Along the way they learn hard lessons about leadership, love, devotion, and betrayal. The author will be joining us.



**Beginning January 1<sup>st</sup>, "The Gratitude Jar" will be in the Senior Kitchen so that anytime we are down there, members will be invited to write for what they are grateful at that moment and put it in the jar. At next year's holiday luncheon, we will read them all!**



The Manchester Police Community Affairs Division

announces the 2026 Spring *Senior Walks*. These walks allow seniors to exercise, socialize and experience Manchester with Manchester police officers. Walks are held Monday mornings at 9 a.m. unless otherwise noted. The walks are approx. 2-3 miles and take about one hour to complete.

- April 6, 2026, **Manchester River Walk – East**  
Meet at the Hilton Garden Inn Hotel parking lot @ 101 S. Commercial St.
- April 13, 2026, **Rockingham Rec Trail**  
Meet at the old CVS, 271 Mammoth Rd.
- April 20, 2026, **Livingston Park**  
Meet in parking lot near the playground, Hooksett Rd. @ Redcoat Ln.
- April 29, 2026, **Manchester River Walk – West**  
Meet at the rear of the West Side Ice Arena @ Electric St.

## EXERCISE CLASSES

### Monday

- **Pilates from** 9:00 - 9:45 am, held in Studio A

### Tuesday

- **Fit 4 Life** from 8:00 - 8:45 and 9:00 - 9:45 am, held in Studio D and on Zoom

### Wednesday

- **Gentle Yoga** from 10:15 - 11:10 am, held in Studio A

### Thursday

- **Fit 4 Life from** 8:00 - 8:45 and 9:00 - 9:45 am, held in Studio D and on Zoom

### Friday

- **Pilates from** 9:00 - 9:45 am, held in Studio A
- **Gentle Yoga** from 4:00 - 5:00 pm, held in Studio A

### Saturday

- **Gentle Yoga** from 8:15 - 9:15 am, held in Studio A

## WATER CLASSES

### Monday

- **Water Aerobics** 8:30 - 9:15 am
- **Silver Sneaker Splash**, 10:30 - 11:15 am

### Tuesday

- **Water Aerobics** 6:45 - 7:45 pm

### Wednesday

- **Water Aerobics**, 8:30 - 9:15 am
- **Silver Sneakers Splash**, 10:30 - 11:15 am

### Thursday

- **Water Aerobics**, 6:45 - 7:45 pm

### Friday

- **Water Aerobics**, 8:30 - 9:15 am
- **Silver Sneakers Splash** 10:30 - 11:15 am
- If you have questions or would like more information, please contact:

**Kathy Raiche-Stephens**

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## Keep Cyber Safe This Month

**Can You Hear Me? Scam Calls** "Can you hear me?" "Are you there?" "Is this you?" Most people have been asked these questions in a phone call. News outlets and organizations across the country report that people are receiving calls from individuals who ask questions designed to get a "yes" answer. But responding "yes" may leave people on the hook for more nuisance calls and maybe even unauthorized charges.

**The Calls Go Like This:** "Chris" received a call while he was eating dinner. He answered the call, and a person asked, "Can you hear me?" Chris replied "yes." He then heard a recording that claimed he had won a free cruise. Chris realized the call may be part of a scam and hung up.

**How the Scam Works** The details of this scam vary, but it always begins with a call, usually from a telephone number that *appears* to be local. When the person answers the call, the scam artist tries to get the person to say "yes"—most often by asking, "Can you hear me?," "Is this the lady of the house?," or similar question. By responding "yes," people notify robo-callers that their number is an active telephone number that can be sold to other telemarketers for a higher price. This then leads to more unwanted calls.

In some cases, the caller may record the person saying "yes." Scam artists may be able to use a recorded "yes" to claim that the person authorized charges to his or her credit card or account.

**How to Protect Yourself** Whether the "Can you hear me?" calls are simply nuisance calls or something more sinister, there are steps you can take to avoid falling victim to phone scams.

**Check phone numbers closely.** Scam artists' spoof calls to make them appear to be from a local telephone number. Even if a number *appears* to be local, it is best to avoid calls from numbers with which you are not familiar.

**Hang up.** If you answer a call that seems suspicious, hang up. Remember, being nice does not apply to scammers. It is not rude to hang up abruptly on a suspicious caller.

**Carefully review your financial statements and telephone bills.** Whether or not you have been targeted by a scam, it is a good idea to review your bills line-by-line for unauthorized or fraudulent activity. The law provides some protection for people to dispute unauthorized charges to their credit cards and bank accounts, but these laws generally impose time limits. It is important to check right away for charges you did not make or approve so you have time to file a dispute.

### Reporting Unwanted Calls

If you receive a call that may be part of a "Can You Hear Me?" scam, you should report it to the Federal Trade Commission (FTC). The FTC has the authority to enforce federal laws regulating nuisance calls and interstate fraud over the telephone. The FTC may be reached as follows:

### Federal Trade Commission

(877) 382-4357 TTY: (866) 653-4261

[www.reportfraud.ftc.gov](http://www.reportfraud.ftc.gov)

Source: <https://www.ag.state.mn.us/consumer/Publications/CanYouHearMe.asp>



### **COTTAGE CHEESE PANCAKES WITH BLUEBERRY SAUCE**

Pancake:

2 C Cottage Cheese

2 Eggs

1 C flour

1T fresh lemon juice

Heat griddle, mix all ingredients together, drop mixture onto hot griddle forming circles.

Remove from pan when both sides are grilled

Sauce:

Mix 1 lb. blueberries and  $\frac{1}{4}$  C sugar

Bring to a boil and add 1t of fresh lemon juice

Spoon over pancakes



OUR OWN LEPRECHAUN TOOK MANY WHIPPED CREAM PIES IN THE FACE TO RAISE MONEY FOR THE YMCA

### **GRILLED CHEESE AND SOUP**



## What Exercises Can Help You Prevent a Fall?

Anyone of any age or ability can get stronger and improve their balance. And staying strong and having good balance are especially important for older adults. Why? Because staying strong and practicing balance skills are critical to managing your fall risk.

The stronger your legs, the better your balance, and the less chance you will fall or need a medical alert system with fall detection. If you do experience a fall, you are less likely to experience an injury. Research shows that certain exercises are better for older adults to improve strength and balance.<sup>1</sup> These exercises you can do daily, as part of your routine. The best part is they can be done anywhere, anytime, anyplace.

## What are the exercises that older adults can do to help with strength and balance?

First, make sure you are doing the exercises safely and correctly. You may want to work with a physical therapist to choose and teach the best exercises for you. For best results, the exercises should feel somewhat challenging. Below are exercise suggestions to help you strengthen your leg muscles and improve your balance. It is always a good idea to stand near something sturdy to hold on to, such as a kitchen counter, and have a chair nearby to sit and rest.

Exercises good for leg strength:

- Sit to Stand From a Chair
- Standing Heel Raises
- Lunges

Exercises good for improving balance:

- Standing on one leg
- Side Stepping
- Backwards Walking

Start by doing each exercise five to 10 times. Take a short rest (one minute or less) in between exercises. Once you have completed the exercises you can be done or repeat the sequence. Work up to doing each exercise 10 times, twice a day.

Some muscle soreness is normal; your body is telling you those muscles worked. This is a normal response to challenging exercise. But soreness should not limit your ability to do your daily activities. If it does, this means you may have done too much. Progressing the number of times you do each exercise slowly and checking how you feel the next day will help you manage muscle soreness.

When starting a new balance exercise, hold on with two hands. When you feel confident in your balance, try holding on lightly with a few fingertips on each hand. Then use only one hand. As your balance skills improve, and you feel steady, you may be able to progress to using no hands.

## Is walking a good exercise for strength and balance?

Walking is a great form of exercise with many benefits, but it does not help your legs get stronger

unless you are walking up and down hills or stairs. Older adults should combine a strength and balance program with a walking program for the greatest protection against a fall. You should plan on working up to a 30-minute walk, three times a week. When that gets easy, and you want a new challenge, you can walk faster for part of your walk. If you use a walker or cane, make sure to use it when you walk for exercise. A physical therapist can help you determine the best walker or cane for you if you are unsure which to use.



## How do I start adding strength and balance exercise into my routine?

A good plan is to alternate exercise days with walking days. On Monday you would do the exercises, Tuesday a walk (ideally 10-30

minutes) and so on.

You will want to start small and build your habits gradually. Writing down a plan and goals for exercise can be helpful for some people. Exercise at a time of day and in a place you enjoy and are the most motivated to move. An exercise buddy or attending a community class is also helpful for some people. Just get started!

## When should I see a physical therapist?

Sometimes working with a physical therapist is a good idea before starting an exercise program. A physical therapist can be especially helpful if you:

- Feel unsteady
- Think you may need a walker or a cane
- Have an issue that limits your ability to exercise, such as arthritis or an old injury
- Have severe pain that makes it difficult to move normally
- Have fallen in the past and are worried you will fall again

Physical therapists are movement experts who are skilled at identifying areas older adults can decrease their fall risk, often this includes recommending a personalized strength and balance program. Their professional training and expertise can assist you to develop the best program for you that can be done when and where it works best for you.

Sources

1. Ayelet Dunskey. The Effect of Balance and Coordination Exercises on Quality of Life in Older Adults: A Mini-Review. 2019. Found on the internet at <https://www.frontiersin.org/articles/10.3389/fnagi.2019.00318/full> group.

## Random, Fascinating Facts

Some of the coolest random facts include that a chicken once lived for 18 months without a head, and Cleopatra lived closer in time to the Moon landing than to the construction of the Great Pyramid of Giza. Other mind-bending facts: bananas are berries, but strawberries aren't, wombats have square poop, and a day on Venus is longer than its year.