



# THE CENTER

## Active Older Adult Newsletter | JUNE 2026

**June 4 | 10:00 am**

### **OUR OCEANS (PART 4 OF 5) - SENIOR KITCHEN**

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.

**June 11 | 10:00 am**

### **AVOCADO CHOCOLATE PUDDING - SENIOR KITCHEN**

This decadent dessert is packed full of healthy fats and magnesium.

**June 18 | 10:00 am**

### **BEAUTIFUL BOOKMARKS - SENIOR KITCHEN**

Create interesting and whimsical bookmarks for great DIY gifts or just to enjoy for yourself. Samples, tools, and supplies for three different styles of bookmarks will be provided.

**June 25 | 10:00 am**

### **BOOK CLUB - LOBBY**

Join us for a discussion of the book "All Debts are Now Paid" by R. L. Napolitano. We will be fortunate to have the author joining us. It's the Fall of 1989. Condos now dot Revere Beach Boulevard, the amusements that several generations of Northshore residents enjoyed are now a thing of the past. Harry's Bar is still there. Private Detective Paul Costa, a good friend of the proprietor, Harry Mills, usually stops in once or twice during the week. It is in Harry's that he meets Eileen Landry. After dating for a bit, Paul finds out that Eileen is married to the accountant for the Glendali Family. Joseph Glendali is the Italian mob boss north of Boston. As the relationship deepens, it becomes apparent that Eileen may be in danger should she go through with the divorce.



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!



### **Laughter is GOOD**

Senior humor is all about laughing at the little things—from outsmarting the boss with a well-timed nap to realizing your back goes out more often than you do! It is the perfect mix of relatable forgetfulness, wisdom, and not caring what anyone thinks.

**Getting older:** "I'm not aging, I'm marinating!"

**Multitasking:** "Old age makes us great multitaskers. Why, I can sneeze and pee at the same time!"

**Eyeglasses:** "You know you're old when you need glasses even for the big print."

**Wardrobe:** "At my age, the only pole dancing I do is while holding on to the safety bar in the bathtub."

**Truth in Advertising:** "Why is English muffin so popular with seniors? Because of the nooks and grannies."

## 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
- **Aqua Fit**, 10:30 - 11:15 am

### Tuesday

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

### Wednesday

- **Water Aerobics**, 8:30 - 9:15 am
- **Aqua Fit**, 10:30 - 11:15 am

### Thursday

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

### Friday

- **Water Aerobics**, 8:30 - 9:15 am
- **Aqua Fit**, 10:30 - 11:15 am
- If you have questions or would like more information, please contact: Kathy Raiche-Stephens  
[kraiche-stephens@graniteymca.org](mailto:kraiche-stephens@graniteymca.org)  
**603.232.8666**

## JUNE GARDENING TIPS



June is the peak of the planting season in New Hampshire. With the danger of frost passed, it is time to move sensitive starts outdoors, direct-sow warm-weather seeds, and maintain moisture and soil fertility as temperatures rise.

### Vegetable & Fruit Planting



- **Transplants:** Move your warm-weather starters—like tomatoes, peppers, eggplants, and cucumbers—into the ground or large patio containers.
- **Direct Seeding:** Sow fast-growing summer crops directly into the warm soil. Good bets include bush beans, carrots, beets, and summer squash.
- **Berries & Fruit:** Check your fruit trees and berry bushes for pests, such as the Eastern tent caterpillar, and pick them off early.

### Flowers & Landscaping



- **Summer Bulbs:** It is the perfect time to plant summer-flowering bulbs like dahlias, gladiolus, and cannas in a sunny, well-drained spot.
- **Annuals & Seeds:** Freshen up window boxes, hanging baskets, and garden beds with heat-loving annuals like zinnias, petunias, and marigolds.
- **Deadheading & Maintenance:** Cut off faded blooms on early summer perennials to encourage new growth and keep your beds looking tidy.

### Care & Maintenance



- **Fertilize:** Feed plants that are already in the ground using a slow-release or time-release fertilizer to give them steady nutrients.
- **Mulch:** Add a fresh layer of mulch or compost around vegetables and garden beds to retain precious soil moisture and prevent weeds.
- **Watering:** Ensure plants receive about an inch of water a week; irrigate if the weather in your area turns dry.

## 6 WAYS TO EAT WELL AS YOU GET OLDER\*

Nutrition is important at all ages, but it's especially critical as we grow older and our bodies change. Muscle mass naturally declines with the passing years, and we may absorb nutrients less efficiently. Around the age of 60, metabolism starts to slow down, meaning we burn calories at a lower rate.

Eating a balanced diet helps us maintain strength, energy, cognitive functioning, and a healthy weight, while also supporting immunity and lowering our risk of chronic disease. All of this can help us stay active and independent for longer.

The [2020-2025 Dietary Guidelines for Americans](#) focus on nutrition for healthy living at every stage—from infancy through older adulthood (age 60 and older). The rules of thumb below provide a practical framework for getting the nourishment you need every day.

1. **Know what a healthy plate looks like.** Include more fruit, vegetables, whole grains, and dairy in your diet. Another tip that's incredibly important, especially for your health, according to [Gretchen Dueñas-Tanbonliong](#), Associate Director of Health and Wellness at NCOA and a registered dietitian nutritionist (RDN), offers this advice: "Personalize your eating plan—especially if you have special dietary needs. An RDN can work with you to create a customized plan that helps you meet your health and nutrition goals."
2. **Look for important nutrients in the foods you eat.** Where possible, limit your consumption of added sugars, saturated fat, and sodium. Flavoring foods with herbs and spices can help you lower your intake of sugars, salt, and saturated fats. Eat enough protein to maintain muscle mass—which decreases as we grow older ([learn the best protein sources for older adults](#)). Make sure you get adequate amounts of potassium, calcium, vitamin D, dietary fiber, and vitamin B12.
3. **Read nutrition labels to be a smart shopper.** [The U.S. Food and Drug Administration \(FDA\) has a tool](#) to help you make informed food choices that can have positive effects on your health and wellness.

According to the FDA, too much or too little nutrients could increase your risk of certain chronic diseases, such as heart disease and high blood pressure. Meal delivery services can handle a lot of the work for you, and may be helpful for older adults looking for pre-portioned, balanced meals that are easy to make and delivered directly to their doorsteps.

If you struggle to prepare meals, meal delivery services can do the heavy lifting for you. These services, like Meals on Wheels, offer pre-portioned, balanced meals that are delivered directly to your doorstep.

4. **Use recommended servings (and pay close attention to calories when you can).** In general, women age 60+ need about 1,600-2,200 calories per day, while men require about 2,000-2,600 calories per day. Your specific calorie intake requirement depends on your age, sex, height, weight, and physical activity level. The [USDA's MyPlate Plan](#) shows your food group targets, along with what and how much to eat within your calorie allowance.
5. **Stay hydrated.** Adults 60 and older are at greater risk for dehydration for several reasons, including natural drops in thirst levels and body composition changes. Drinking plenty of water is a simple yet vital part of maintaining good health, especially as we get older. Other good beverage choices include unsweetened fruit or low sodium vegetable juice, low-fat (or fat-free) milk, or fortified soy beverages. Fluids can also be obtained from foods containing water, such as soup and fruits and vegetables.
6. **Discover how the Supplemental Nutrition Assistance Program (SNAP) can help stretch your food budget.** SNAP puts a healthy diet in easier reach for older adults who have low income. Recent updates to the [SNAP program mean that a healthier diet](#) may be in better reach for you. See what foods qualify for purchase under the plan. And if getting to the grocery store is difficult, you can use your SNAP benefits with most online grocery delivery services .

\*Reprinted from the National Council on Aging



# DIY DAYS ARE HERE!



Beautiful Bookmarks | 6/18

Get in touch with your crafty side this summer with monthly DIY workshops! Create unique and inspired items to enjoy yourself, to give as gifts, or to donate for a great cause!



Mache Magic Gift Boxes | 7/16

Samples, tools, and supplies will be included in each of these **FREE** workshops. Attendees are invited to make one item to keep at each workshop, and then may make additional items to donate towards our Holiday Arts Market fundraiser.

**Thursday, June 18 | 10:00 – 11:00 AM**

## Beautiful Bookmarks

Create interesting and whimsical bookmarks for great DIY gifts or just to enjoy for yourself. Samples, tools, and supplies for three different styles of bookmarks will be provided.



Mache Magic Gift Boxes | 7/16

**Thursday, July 16 | 10:00 – 11:00 AM**

## Mache Magic Gift Boxes

Use an array of vibrant paper pieces, napkins, and upcycled paper cut-outs to turn plain cardboard gift boxes into special creations. All supplies and tools will be provided.



Fabulous Faux Floral Planters | 8/20

**Thursday, August 20 | 10:00 – 11:00 AM**

## Fabulous Faux Floral Planters

Bring a touch of nature to your space without taking on the care needs of real plants! We'll upcycle assorted glass containers into vases for unique and lifelike faux floral and succulent arrangements. All supplies and tools will be provided.

**Donations of specific good-condition new or gently-used items we'll use for these crafts are welcome:**

- Various glass receptacles including small and medium jars, tea cups, tea tins, small vases (for faux flower arrangements)
- Fancy paper napkins, mache paper, origami paper, tissue paper
- Flower picks or faux succulents



Fabulous Faux Floral Planters | 8/20

For more information, contact Katie Welch, Operations Director, by e-mail at [kwelch@graniteymca.org](mailto:kwelch@graniteymca.org) or phone at 603-232-8607.