



THE CENTER

Active Older Adult Newsletter | July 2026

July 2 | 10:00 am **BINGO - LOBBY**

It's a good exercise for the brain to listen for the numbers called out and to try to quickly locate them on the board. Just this simple game can sharpen memory and help us think more quickly!

July 9 | 11:00 am **BECKER GARDEN PARTY LUNCHEON**

The Becker's have once again graciously offered to host us this summer for a luncheon. Kathy will bring sandwiches from The Bridge. If attending, please sign up and let us know if you are bringing some type of salad or dessert.

If you are planning to come you can email Kathy or add your name to the sign-up sheet in Studio D.

July 16 | 10:00 am **MACHE MAGIC GIFT BOXES - SENIOR KITCHEN**

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

July 23 | 10:00 am **AVOCADO CHOCOLATE PUDDING – SENIOR KITCHEN**

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

July 30 | 10:00 am **BOOK CLUB – LOBBY**

Join us for a discussion of the book "Arise, Brothers" by John Tuohey, who will be joining our discussion. Just prior to the Viet Nam War, three teenage boys meet in the second largest psychiatric hospital in the United States. The three forge an unlikely friendship, testing the boundaries of race, preconceptions, and a vast system of incarceration in psych facilities. They make their individual ways out of the hospital, and into the maw of the military.



Beginning January 1st, "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!

WALK WITH EASE

No matter if you need relief from arthritis pain or just want to be active, Walk With Ease's 6-week program can teach you how to safely make physical activity part of your everyday life. The goal is to walk 3 days a week for 45 – 60 minutes with an instructor that will guide you in proper warm up, stretching, balance and cool down exercises. Low-intensity physical activity has been proven to reduce pain, improve functioning, elevate mood, and delay disability. Certified Enhance® Fitness instructors offer a program that focuses on stretching, flexibility, balance, low impact aerobics, and strength training exercises.



For more information contact Cindy Lafond, Executive Director of Health Interventions at 603 232-8668 or email at

health@graniteYMCA.org

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

603.232.8666

JULY GARDENING TIPS



July gardening focuses on beating the summer heat and planning for autumn. Key tasks include deep watering at the base of plants, applying 2–3 inches of mulch to retain soil moisture, and harvesting vegetables frequently to

encourage continuous production. Mid-to-late July is the perfect time to start seeds for fall crops.

Watering & Soil Management

- **Deep Watering:** Water slowly and deeply rather than doing light, frequent sprinkles. This encourages roots to grow deeper and survive heat stress.
- **Timing:** Water in the early morning so moisture reaches the soil before the intense afternoon heat evaporates it.
- **Mulch:** Add a 2 to 3-inch layer of organic mulch (like wood chips or straw) around your vegetables, shrubs, and trees to cool the roots and lock in moisture.



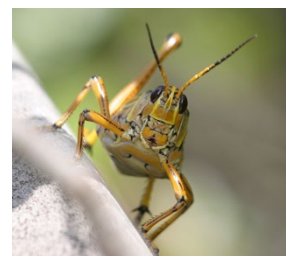
Vegetable Care & Harvesting



- **Harvest Frequently:** Pick summer vegetables (like zucchini, cucumbers, and beans) frequently. Leaving them on the plant too long signals to the plant that it has finished its reproductive cycle, stopping new growth.
- **Pruning & Training:** Remove tomato suckers from the bottom foot of the plant to improve air circulation and prevent diseases. Stake tall, heavy plants to prevent breaking.
- **Prevent Rot:** Ensure even soil moisture for tomatoes and peppers to avoid blossom-end rot, which is caused by calcium deficiencies triggered by erratic watering.

Maintenance & Pests

- **Deadhead Flowers:** Snip off spent blooms on annuals and perennials to encourage fresh flowers instead of seed production.
- **Weeding:** Keep weeds at bay so they don't steal valuable water and nutrients from your prized plants.
- **Pest Scouting:** Scout for pests like tomato hornworms or aphids. Early morning is the best time to check the undersides of leaves.





FREQUENTLY ASKED QUESTIONS ABOUT SLEEP*

Is it normal to need less sleep as you get older?

Not exactly. Older adults generally still need about seven to nine hours of sleep per night—similar to the sleep needs of younger people. But aging often changes sleep patterns, causing lighter sleep, earlier wake times, and more nighttime awakenings. That means we need to be aware of the effects of aging on sleep and be more mindful of our sleep habits.

Why do I wake up so much earlier now that I'm older?

Aging can shift our body's internal clock, causing many older adults to feel sleepy earlier in the evening and wake earlier in the morning. Changes in sunlight exposure, declining activity levels, and hormone production may also play a role in changing sleep patterns.

What are the most common medical reasons for poor sleep in older adults?

Common causes of sleeplessness include insomnia, sleep apnea, chronic pain, nighttime urination, restless legs syndrome, anxiety, depression, and side effects from medications.

When should I be worried that my sleep issues are a sign of something more serious?

You should speak with your doctor if sleep problems are affecting your daily life or causing extreme daytime fatigue. It's also a good idea to seek help if you're experiencing symptoms like loud snoring, pauses in breathing, confusion, depression, or memory problems.

How can I sleep better as I age?

Healthy sleep habits can help improve the duration and quality of your sleep, no matter your age. Try these tips for sounder sleep:

- **Keep a regular sleep schedule.** That means going to bed and waking up at roughly the same time each day.
- **Limit caffeine late in the day.** Coffee, alcohol, and some sleep aids can disrupt your sleep quality and make nighttime awakenings more likely. Keep in mind that caffeine can remain in the

body for 10 to 12 hours. You should also avoid heavy meals before bedtime.

- **Stay physically active.** Exercising earlier in the day can boost your mood and give you more exposure to natural sunlight. This helps your brain recognize daytime and supports a healthier sleep-wake cycle.
- **Be social.** Make it a point to stay connected with family and friends. When in-person visits aren't feasible, phone and video calls are the next best thing.
- **Create a calming bedtime routine.** This helps your body wind down for sleep. Consider relaxing activities like journaling, reading, or listening to soothing music. You should also limit use of your digital devices and avoid social media or stressful news late in the evening.
- **Create a cool, quiet sleeping environment.** Aim to keep your bedroom cool, comfortable, and free from digital distractions. Ideally, your brain should associate your bed and bedroom with sleep and relaxation—not work, eating, or scrolling on your phone.

*Reprinted from the National Council on Aging

FUN FACTS

While you decide what you want to learn today, here are a few random fun facts:

- **The Ocean:** It holds roughly 95% of all life on Earth, and about 95% of the ocean floor still remains unmapped.
- **Butterflies:** They taste their food using sensory organs on their feet, rather than their mouths.
- **Biology:** Unlike most mammals, only humans, humpback whales, and elephants experience menopause.
- **Space & Time:** Days on Earth are gradually getting longer; 600 million years ago, a full rotation took just 21 hours

USA 250 YEAR ANNIVERSARY TRIVIA

Seven pivotal players did extraordinary things to create the United States: George Washington, Thomas Jefferson, Benjamin Franklin, John Adams, James Madison, Alexander Hamilton and John Jay.

Some signed the Declaration of Independence, pledging their "lives, fortunes and sacred honor" to the project of forging a new nation. Others fought in the Revolutionary War. Later, they reconvened to write and ratify the Constitution and the Bill of Rights, creating the U.S. national government that Washington, Adams, Jefferson and Madison would lead as the first four presidents.

On America's 250th anniversary, take this quiz to test your knowledge of the seven people who did so much to make America what it is today.

1. Three Founding Fathers signed the Declaration of Independence: Thomas Jefferson, Benjamin Franklin and

John Adams
John Jay
George Washington
Alexander Hamilton

2. Which Founding Father fought in the Revolutionary War with George Washington?

Benjamin Franklin
John Jay
George Washington
Alexander Hamilton

3. Who negotiated an alliance with France during the Revolution?

Benjamin Franklin
John Jay
Alexander Hamilton
Thomas Jefferson

4. Who led the Constitutional Convention?

Benjamin Franklin
John Adams
George Washington
Thomas Jefferson

5. Which Founding Father was known as the "Father of the Constitution"?

James Madison
John Jay
George Washington
Thomas Jefferson

6. Who was the first secretary of state?

John Adams
Benjamin Franklin
Thomas Jefferson
Alexander Hamilton

7. Who was known for work that shaped the U.S. economy?

Benjamin Franklin
Thomas Jefferson
Alexander Hamilton
John Jay

8. Who was the first Supreme Court chief justice?

James Madison
John Jay
Alexander Hamilton
John Adams

9. Among the seven Founding Fathers featured in this quiz — George Washington, Thomas Jefferson, Benjamin Franklin, John Adams, James Madison, Alexander Hamilton and John Jay — how many served as president?

3
6
1
4

10. Which two Founding Fathers died on the same day?

Alexander Hamilton and John Jay
John Adams and Thomas Jefferson
John Adams and John Jay
George Washington and Benjamin Franklin