



THE CENTER

"The Elderberry" A Newsletter for Active Adults - August 2026

August 6 | 10:00 am

VACATION

August 13 | 11:00 am

MAKE HUMMUS AND TABOULE LAYER DIP- SENIOR KITCHEN

A hummus and tabouli layer dip is a fast, fresh Mediterranean appetizer made by stacking creamy hummus, herbaceous tabouli, and toppings like feta and tomatoes.

August 20 | 10:00 am

MAKE FABULOUS FAUX FLORAL PLANTERS WITH KATIE - LOBBY

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

August 27 | 10:00 am

BOOK CLUB - LOBBY

Join us for a discussion of the book "Whistler" by Ann Patchett. When Daphne Fuller and her husband Jonathan visit the Metropolitan Museum of Art, they notice an older, white-haired gentleman following them. The man turns out to be Eddie Triplett, her former stepfather, who had been married to her mother for a little more than year when Daphne was nine. Now fifty-three, Daphne hasn't seen Eddie for many years, not since the fateful event that changed the direction of both their lives. Meeting again, time falls away; while their relationship was brief, it had a profound impact on them both, and now that they are reunited, they have no intention of ever being separated again. *Whistler* is a story about two adults looking back over the choices they made, and the choices that were made for them. It's a story about bravery, memory, the often small yet consequential moments that define our lives, and the endless stream of loss that in time comes for us all.



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!

SUMMER SALMON SKILLET

4 (5- to 6-oz.) center-cut skinless salmon fillets

1/2 tsp. ground cumin

1/2 tsp. sweet paprika

2 1/4 tsp. kosher salt, divided

3 garlic cloves, thinly sliced

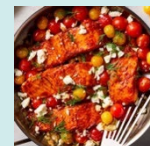
8 oz. yellow and red grape

cherry tomatoes

3 Tbsp. extra-virgin olive oil, divided

2 Tbsp. crumbled feta or goat cheese

1 Tbsp. finely chopped fresh dill



or

1. Arrange a rack in center of oven; place a large stainless steel or cast-iron skillet on rack. Preheat oven to 450°.

2. Pat salmon dry; season all over with cumin, paprika, and 1 1/2 tsp. salt.

3. In a medium bowl, toss shallot, garlic, tomatoes, and 1 Tbsp. oil; season with remaining 3/4 tsp. salt and toss again to combine.

4. Using an oven mitt or dry kitchen towel, remove skillet from oven and drizzle in remaining 2 Tbsp. oil. Arrange salmon in skillet then scatter tomato mixture around fish.

5. Bake until salmon flesh easily flakes with a fork and tomatoes are softened, 9 to 11 minutes.

6. Top salmon and tomatoes with feta and dill.

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
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AUGUST GARDENING TIPS

August is a month of transition. To keep your garden producing and set it up for a strong fall, focus on deep watering, harvesting, pest control, and planting cool-season crops. Tackle these essential, hyper-specific chores to make the most of your late-summer garden.

Vegetables and Herbs



As the late-summer heat peaks, it's time to maintain current yields and prep for autumn harvests.

Direct Sow & Transplant: Start sowing cool season crops like kale, spinach, radishes, arugula, and carrots. You can also transplant broccoli, cabbage, and cauliflower seedlings now.

• **Harvest Frequently:** Pick summer squash, zucchini, and beans every 1-2 days to encourage continuous production. Harvest herbs like basil and rosemary just before they bloom for the strongest flavor.

• **Tidy & Replant:** Remove any spent, non-producing plants to eliminate shelter for pests and disease. Add a generous layer of compost to these bare spots.

• **Deadhead Spent Blooms:** Snip off faded flowers on roses, coneflowers, and daylilies to encourage a late flush of blooms and prevent plants from expending energy on seed production.



• **Divide Perennials:** Late August is the ideal window to dig up and divide overgrown spring-flowering perennials like irises, daylilies, and hostas.

• **Avoid Hard Pruning:** Hold off on heavy pruning or fertilizing shrubs and trees, as this can force tender new growth that won't survive the upcoming autumn and winter.

Watering and Maintenance

Beat the peak heat with smarter watering strategies and lawn care.

- **Deep Watering:** Water early in the morning or just before dusk to minimize evaporation. Aim for deep, infrequent soaks rather than daily shallow sprinkles so roots are encouraged to grow deeper into the soil.

Soil, Compost, and Pests

Keep your garden healthy and clear out any unwanted visitors.

- **Pest Control:** Watch out for slugs, snails, and beetles. Use organic controls like iron phosphate bait for slugs and pick off larger caterpillars or bugs by hand.
- **Compost Management:** Don't let your compost pile dry out, or it will stop decomposing. Turn it occasionally to aerate and add high-nitrogen "green" materials like grass clippings or spent vegetable plants.

THREE TYPES OF EXERCISE CAN IMPROVE YOUR HEALTH AND PHYSICAL ABILITY

Most people tend to focus on one type of exercise or activity and think they're doing enough. Research has shown that it's important to get all three types: aerobic, muscle-strengthening, and balance.

Doing one type of exercise can help improve your ability to do the others, and variety helps reduce boredom and risk of injury. There are also activities that incorporate multiple types of exercise, such as yoga, dancing, or water aerobics.

Aerobic exercises for older adults

Sometimes referred to as endurance or cardio, aerobic physical activity involves moving the body's large muscles for extended periods of time. This requires the lungs to move more air and the heart to pump more blood and deliver it to the working muscles. Aerobic physical activity increases your breathing and heart rate.

Being physically active in this way — with consistency over time — will improve your endurance and the health of your lungs, [heart](#), and circulatory system. It can also help lower the risk of many diseases that are common in older adults, such as [diabetes](#), certain cancers, and heart disease.

Gradually build up to at least 150 minutes of moderate-intensity aerobic activity (such as brisk walking) each week. If [exercising with chronic conditions](#) makes it hard to get the recommended amount of activity, talk with your doctor about what you can do. In general, it's a good idea to be as physically active as you can — even light-intensity movement can be beneficial. Try to be active throughout your day and avoid sitting for long periods of time.

Examples of moderate-intensity activities that build endurance include:

- Yard work, such as raking leaves or pushing a lawnmower
- Housework, such as mopping or vacuuming
- Dancing
- Swimming
- Bicycling
- Climbing stairs or hills
- Playing pickleball



Muscle-strengthening exercises for older adults

Muscle-strengthening exercises, sometimes called strength training or resistance training, are activities that require the muscles to contract, often to lift a heavy object against the pull of gravity. Gradual increases in the amount of weight, number of sets or

repetitions, or the number of days a week of exercise will result in stronger muscles.

Muscle-strengthening activities improve physical function and can help you stay independent and make it easier to perform everyday activities, such as getting up from a chair, climbing stairs, and carrying groceries. This type of exercise is also key to maintaining existing strength, slowing the loss of muscle mass, and helping to [prevent falls and fall-related injuries](#).

Try doing muscle-strengthening activities at least two days per week to work the major muscle groups of the body (muscles of the legs, hips, chest, back, abdomen, shoulders, and arms) but avoid working the same muscle group on any two days in a row to allow for muscle recovery between sessions.

The exercises should involve at least a moderate level of intensity or effort and be performed to the point at which it would be difficult to do another repetition. One set of eight to 12 repetitions of each exercise is effective, although two or three sets may be more effective. If you are a beginner, try exercises without weights or resistance bands (stretchy elastic bands that come in varying strengths) until you are comfortable with the movements.

Examples of muscle-strengthening activities include:

- Using resistance bands, weight machines, or hand-held weights
- Lifting your body weight, with exercises such as arm circles, leg raises, pushups, pullups, planks, squats, or lunges
- Carrying heavy items, such as groceries
- Gardening, which may require digging and lifting



Balance exercises for older adults

Balance involves maintaining the body's stability while still or in motion. As with muscle-strengthening exercises, balance exercises help to [prevent falls and fall-related injuries](#). Aim for about three sessions of balance exercises a week.

Examples of balance exercises include:

- Tai chi (a "moving meditation" that involves shifting the body slowly, gently, and precisely, while breathing deeply)
- Yoga
- Standing on one foot
- The heel-to-toe walk
- The balance walk
- Walking backward or sideways
- Practicing standing from a sitting position
- Using a wobble board

**Reprinted from the National Institute on Aging*

AVOCADO PUDDING

Ingredients:

2 avocados (ripe, soft)

¼ cup maple syrup or honey

¼ cup coconut milk

¼ -1/3 cup cocoa powder

1teaspoon vanilla

Pinch of salt

Optional: 1 tablespoon instant
coffee/espresso powder
1 tablespoon peanut
butter

Blend all ingredients in food processor.

Makes 4 servings

Refrigerate

Avocado 240-320 calories

Cocoa powder 48 calories

Coffee 5 calories.

Coconut milk 38 calories.

Maple syrup 220 calories

551-631 per batch calories

Per batch

138-158 calories per serving



LUNCH AT THE BECKERS WITH FRIENDS

Summer lunch with friends is the perfect excuse to soak up the sunny weather, enjoy fresh seasonal food, and catch up without the frantic energy of weekend evenings. It provides a relaxing, casual way to connect over bright, no-fuss meals—like cold salads, sandwiches, and chilled drinks—while taking advantage of the longer days.

