



THE CENTER

Active Older Adult Newsletter | November 2025

MOVIE – SENIORS' KITCHEN

November 6 | 10:00 am

"Lessons In Chemistry" is an 8-episode series set in the 1950's. Elizabeth Zott's dream of being a scientist is challenged by a society that says women belong in the domestic sphere; she accepts a job on a TV cooking show and sets out to teach a nation of housewives' way more than recipes. We will air episodes five and six. We will finish the series with episodes seven and eight in December.

LEARN HOW TO MAKE FRESH ROLLS – SENIORS KITCHEN

November 20 | 10:00 am

Lee has graciously offered to share her talent and culture with us. Spring rolls are rolled appetizers or dim sum commonly found in Chinese, Vietnamese, Thai and Southeast Asian cuisines. We will assemble all the ingredients together, including chopped veggies, cooked chicken or shrimp, noodles, herbs, and rice paper wrappers.



THANKSGIVING DAY

November 27, 2025

Prayers of thanks and special thanksgiving ceremonies are common among most religions after harvests and at other times of the year. The Thanksgiving holiday's history in North America is rooted in English traditions dating from the Protestant Reformation. It also has aspects of a harvest festival, even though the harvest in New England occurs well before the late-November date on which the modern Thanksgiving holiday is celebrated.

Thanksgiving dinner is a great time to practice gratitude—we've got ways to help you do that and get everyone into the spirit of the holiday. Before you dig into your big meal—whether that includes tamales or turkey—you might consider getting everyone at the table to stop and reflect on what they're grateful for in their lives.

OCTOBER WAS BREAST AWARENESS MONTH



FIT FOR LIFE CLASS 9 AM

Kim, The Unicorn, was busy "Trick or Treating"



FIT FOR LIFE CLASS 8 AM

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

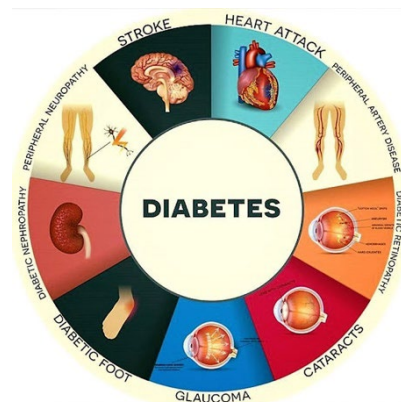
- **Water Aerobics**, 8:30 - 9:15 am
- **Silver Sneakers Splash** 10:30 - 11:15 am

If you have questions or would like more information, please contact:

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Diabetes Awareness Month: Breaking Myths and Saving Lives

Why Everyone Should Pay Attention

Many people are at risk of developing type 2 diabetes and may be unaware of their condition. Factors such as genetics, lifestyle

habits and limited access to healthcare contribute to this increased chance. Diabetes remains a leading cause of kidney failure, lower-limb amputations and adult blindness — and adults with diabetes face twice the risk of heart disease and stroke compared to those without it.

“The A1C test measures average blood sugar levels over the past three months, providing a clearer and more reliable picture than a standard glucose test,” explains Dr. Jorge Ríos, medical director for the American Red Cross. Dr. Ríos knows this firsthand — he discovered he had diabetes through an A1C test, which allowed him to act before serious complications developed.

Dispelling Common Myths

Myth: Herbs or home remedies can cure diabetes.

Truth: Diabetes needs medical care and ongoing management.

Myth: Only older people get diabetes.

Truth: It can affect anyone, including kids and young adults.

Myth: If you feel fine, you don’t need testing.

Truth: Diabetes can be silent for years; fatigue may be the only sign.

Myth: Diabetes is a death sentence.

Truth: With treatment and healthy habits, people can live full lives.

Myth: People with diabetes can’t donate blood.

Truth: If well-managed, they can donate safely.

The Granite YMCA offers the CDC-recognized Diabetes Prevention Program to help individuals at high risk for type 2 diabetes make lifestyle changes through a 12-month, small-group program. It includes 16 core weekly sessions focused on healthy eating, physical activity, and problem-solving, followed by 2 months of bi-monthly sessions, and maintenance sessions monthly for the next six months.

Some YMCAs also offer a Diabetes Self-Management Education & Support (DSMES) program for those already diagnosed with diabetes. If you are at risk of developing prediabetes, the YMCA’s DSMES can give you the skills you need and the support you deserve to make lasting, health lifestyle changes.



PROTEIN AND HEALTH

The importance of protein, especially as we get older,

cannot be understated. This versatile nutrient plays several important roles in the body, from building and maintaining muscle, to contributing to bone health, to supporting the immune system, and so much more.

How Much Protein is Needed?

Everyone's protein needs are a bit different. That's because how much you need depends largely on how much you weigh, your activity level and health status. When you get older, your protein needs increase a little, and they go up even more if you're sick, injured or malnourished. The general protein estimates for healthy people 65 and older is 1 gram of protein for every 2 pounds of body weight (e.g. 75 g protein for 150 lbs.) per day.

A good rule of thumb is to aim for 20-35 grams at every meal or snack, since spreading out your protein throughout the day helps you meet your goals.

Good Sources of Protein

Protein acts as a vital building block within our bodies, but we get it from the foods we eat. You don't need to go on a protein-only diet, but it is important to make sure you get protein-rich foods every time you sit down to a meal or snack.

There are two main types of protein: those that come from animal sources and those that come from plants. A balanced diet includes a wide variety of protein-rich foods. You can follow a vegan diet and still enjoy quality protein – you just might need to eat more of them since plant-based sources aren't as protein dense per serving.

Here are some good plant-based protein sources if you follow a vegan diet:

Beans of all types, including black beans, kidney beans and chickpeas. Dried beans are versatile, and canned beans are convenient. Both are nutritious and good sources of protein.

Lentils, which are quicker to prepare than dried beans and go great in soups, on salads or mashed into burgers.

Quinoa, which has a texture like a grain food but is a rich source of protein. Prepare it the same way as rice.

Soy products like tofu, tempeh and edamame. Tofu is like a blank canvas and can soak up flavors of what you cook it with. Tempeh has a meatier texture and is a great meat substitute. Edamame are soybeans that are delicious straight from the pod.

Nuts and nut butters of all types, including peanuts, almonds, walnuts and pistachios. Choose unsalted or less salt if sodium is a concern.

Vegetarians, or people who eat dairy and eggs, but no meat, can enjoy all the above protein foods, plus:

Eggs, which are an excellent source of protein and are low in saturated fat.

Milk and yogurt, which can be enjoyed on their own or used in recipes to add flavor and nutrition. Note that many non-dairy milk substitutes do not deliver as much protein as dairy, so be sure to check the Nutrition Facts label.

Cheese, including cottage cheese which has less saturated fat than hard cheese but all the protein.

Fish and Meat-eaters have the most protein options, including:

Beef, like steak and ground beef, which also are a great source of iron.

Chicken and other sources of poultry. If your diet requires limiting saturated fat, white meat cuts are terrific.

Pork, another lean meat option if you choose loin or chops. Bacon, however, is just fat!

Fish, which provides omega-3 fats and vitamin D, nutrients that can be hard to come by in other foods. For convenience try canned salmon, tuna, sardines or anchovies.

Game meats, like buffalo, venison and ostrich count toward your protein intake, too.

Pair Proteins for a Powerful Punch

Get the most of out your meals – and get closer to your daily goals – when you pair two proteins together. For example, a sesame-crusted seared salmon with an edamame and corn salad combines fish with soy products. Or, if you don't eat meat, consider a grain bowl made with quinoa, black beans and shredded cheese. If you follow a vegan diet, skip the cheese and use crumbled tempeh.

Whatever tastes and textures suit you, find what you like, and you'll reach your daily protein needs in no time!



MORNING TEA & TRIVIA

AT THE YMCA OF DOWNTOWN MANCHESTER

**Held on the 2nd Wednesday of the month in the Lobby
from 9:30 – 10:15 am (begins Wednesday, November 12)**

Join us for a social and fun tea service and trivia game on the second Wednesday of each month from 9:30 – 10:15 am in the Lobby! Bring your favorite tea cup, or borrow one from our kitchen. Trivia topics will vary each month, and appeal to all audiences. Explore a variety of delicious and warming teas alongside tea cakes, cookies, and scones. No reservations required, and this is a FREE event for members.

For more information, please contact Katie Welch, Operations Director at 603.232.8607 or kwelch@graniteymca.org.

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