

TEST YOUR MENTAL MUSCLES!



Particularly with older adults, it's important to make sure that you're stimulating and engaging your mind. Brain games are a great way to do this! Not only can brain games improve mental capacity and abilities, they can also help fight symptoms and worsening of age-related conditions like dementia and Alzheimer's. Check out these great games as an example.

1. Crossword puzzles
2. Sudoku
3. Scrabble
4. Computerized Brain Training
5. Chess
6. Jigsaw Puzzles
7. The Tray Game
8. Brain Yoga
9. Card Games

[Click here to read the full article.](#)

Riddle: How do bunnies stay healthy?

Answer: Egg-ercise!



Our greatest weapon against stress is our ability to choose one thought over another. – William Jamers

HEALTHY TIPS:

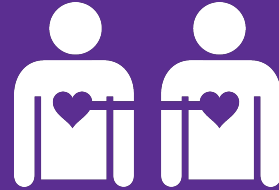
1. Drink more water. You may not feel thirsty, but being hydrated helps every part of your body work better
2. Practice fragmented sitting. Set a timer if you must, but let no hour pass finding you seated the entire 60 minutes.
3. Have a vase of something spring on your table. If you don't have flowers, try greenery. That bit of nature is surprisingly soothing.
4. Call someone. Who in your life is waiting for that call today?
5. Turn off the news. You don't have to turn it off all the time, but your stress level will thank you if you turn it off some of the time.

If you have suggestions for this column, please email them to mvermeer@ymcachattanooga.org

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QUESTIONS OR SUGGESTIONS? LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to mvermeer@ymcachattanooga.org



VIRTUAL WORKOUTS

Click [HERE](#) for access to YMCA360, a wide variety of classes, including senior-friendly options. To see a full offering of virtual classes, click here.

TRY THIS: 10 Chair Stands a Day

Modifications would be seated glute squeezes or count to 10 doing a wall sit. Maintaining lower body strength helps with almost all activities of daily living.

PARTICIPANT SHOUT OUT!



Check out Ruth Ross, one of our Pedaling for Parkinson's participants at the Healthy Living Center at North River!

She is not letting social distancing stop her from pedaling. Way to go, Ruth!

CHAPLAIN'S CORNER

DEVELOPING OUR SPIRITUAL MUSCLES: Stay in RHYTHM with God!

God has planned the right times for everything. Sometimes it's time to work hard; sometimes it's time to reset and recover. Sometimes it's time to grieve; sometimes to celebrate. Certain days, weeks, and months are different from others, just as you go through different stages of life, from infancy to old age. Rather than trying to achieve the same balance regardless of what time it is for you, focus on one season at a time.

Friends, God designed creation and creatures alike with the gift of RHYTHM. I invite you to focus on one season at a time so that God can keep your spiritual muscles in sync with his perfect timing for our lives.

