

Senior Center NEWSLETTER

AUG/SEPT 2017

FEATURED THIS MONTH:

INTRODUCTIONS.....1

ANNUAL ART SHOW.....2



ROTARY BBQ.....3

OUT & ABOUT.....3

SPOTLIGHT ON SOMATIC
MOVEMENT.....4

***“...Somatic Movement is
a reliable method to ease
joint pain, to advance a
healthy muscular
response to stress, and
to boost brain- body
balance.”***

more on page 4

BRAIN TEASERS.....5

Introductions!

By Jessica Chiechi, Senior Center Recreation Supervisor



I am very excited for the opportunity to serve as your Senior Center Recreation Supervisor! What a great team we have here at the center. We are very lucky to have such amazing, knowledgeable volunteers at the front, and also, our part-time employees and class instructors are very dedicated and offer high quality programs that are such an asset to our Center. Thank you all for the warm welcome and for showing me the ropes. I have already met so many wonderful participants, and in time, hope to eventually know all of your names by heart...feel free to quiz me!

A little bit about myself...I grew up in Gridley and a big family (I'm number 7 of 8 children). I went to school at Chico State and then moved to the bay area with my husband for our jobs. After working for about a year at the Fairfield Senior Center day program, I took a position as the Recreation Director at a retirement community in Napa, where I was for 12+ years. We decided to make a life decision of moving back to the area to be closer to family and put down our roots. I have a 6 yr old son, 4 yr old daughter, and a yellow lab, Abby.

My hopes for the Center is to continue offering quality programs and services, and to enhance and expand on what is already being offered, so that we can continue to serve a variety of needs and interests of the seniors in our community now and into the future. The participants are what drive the Center, and I look forward to serving you!

Please come by and say hello anytime! I look forward to becoming acquainted with everyone. If you have suggestions for something new you'd like to see at the center, (trip ideas, speaker topics, classes, etc.), come see me.

I am here Mon through Fri 8:00-4:30 pm. 822-4613. jchiechi@yubacity.net

I will see you around!



[www.facebook.com/
YubaCityCalifornia](https://www.facebook.com/YubaCityCalifornia)



[www.instagram.com/
YubaCity](https://www.instagram.com/YubaCity)



530-822-4608
777 Ainsley Ave



Senior Center

1st Annual Art Show



The 1st Annual Senior Center Art Show was held on Saturday, August 5th. Over 15 artists participated, representing our watercolor, ceramics, pottery and quilting classes. Thank you Terri for coordinating this event, and thank you to John and Tamra for your efforts, and to all of the artists for sharing your talents!



The Senior Center was treated to a delicious BBQ lunch sponsored and prepared by the Yuba City Rotary Club on Friday, August 4th. Participants enjoyed hamburgers with all the fixings and ice cream sandwiches. We thank the Rotary Club for their continued support over the years!



OUT & ABOUT

On Wednesday, August 16th the Yuba City Senior Center day trippers traveled to the Legion of Honor in San Francisco to view works of art by Degas and other impressionists such as Pierre-Auguste Renoir, Édouard Manet, Mary Cassatt, Henri de Toulouse-Lautrec, as well as 40 exquisite examples of period hats. Many works had never been exhibited in the U.S. before, making the experience that much more special. Peg Greathouse, day trip hostess, reported that everyone had a wonderful time. It was a sunny day which added to the enjoyment with the clear views of the bay. Many people also had time to venture out and see the Holocaust Memorial, located near the museum. Thank you Peg, for hosting, and Linda for driving and getting everyone home safe!



PICTURED LEFT: The group poses with Dinger at a Sacramento River Cats game on Sunday, June 11th.

**DON'T MISS OUT! FALL DAY TRIP
SIGN-UP DAY IS
THURSDAY, SEPTEMBER 7th, 7 AM.
PICK UP A TRIP SCHEDULE AT THE
SENIOR CENTER LOBBY**

Senior Center



SPOTLIGHT ON: Somatic Movement

Somatic Movement class meets at the Yuba City Senior Center on Mondays and Wednesdays from 8 to 9 am. The class is taught by instructor, Gretchen Eggen. For more information, come to the Senior Center front desk or call 530 822 4608. Participants 18+ are welcome to join this class.



WHAT IS SOMATIC MOVEMENT AND HOW CAN IT BENEFIT YOU?

By Gretchen Eggen

The Somatic Nervous System, a division of the Central Nervous System (CNS), is described as a network of sensory and motor nerves that keep the brain vitally connected to the body. The CNS relies upon nerve impulses to maintain healthy muscle function.

Chronic positioning, poor postural alignment, repetitive movement, strain, or injury, often disrupt the signals necessary for the brain to facilitate complete muscle recovery. Muscles entrapped in a constant state of tightness causes a condition known as Sensory Motor Amnesia.

Over time a habitually tight muscle becomes weak, unable to fully contract or relax. When surrounding muscles are drafted in to compensate, a series misalignment and poor movement patterns develop to further ingrain the problem.

Subtle sensory Somatic Movements are designed to stimulate the brain to recalibrate muscle tension by contrasting gentle contractions with slow and deliberate releases.

Somatic work supports the modalities of physical therapy and chiropractic work, enhances the performance of the elite or weekend athlete, and is a safe and effective alternative exercise for expectant moms.

4

Practiced seated, standing, or lying on a supportive surface, Somatic Movement is a reliable method to ease joint pain, to advance a healthy muscular response to stress, and to boost brain- body balance.

Answers will be posted
in the next newsletter!

BRAIN TEASERS

AUG/SEPT 2017

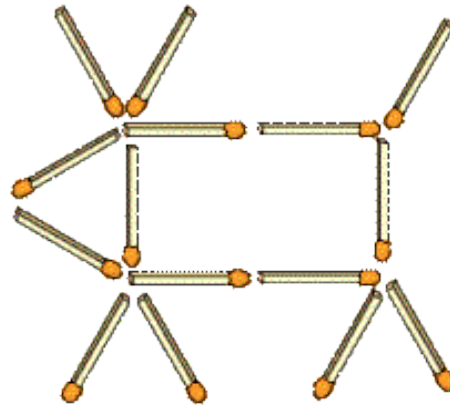
STA4NCE

- 1.
2. blame
3. blame

MOONCEON

Cow Matchstick Puzzle

This cow has the following parts:
head, body, horns, legs and tail. It is
looking to the left. Move two matches
so that it is looking to the right.



This is an unusual paragraph. I'm curious as to just how quickly you can find out what is so unusual about it. It looks so ordinary and plain that you would think nothing was wrong with it. In fact, nothing is wrong with it! It is highly unusual though. Study it and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!

@dailygenius

Did you enjoy reading this newsletter? Let me know what you think. If you are interested in helping with the newsletter- contributing a column, article, photo, or any other suggestions, please let Jessica know!