

May's Shoreline News

Life Enriching Activities for the Adult 50 & Over

May flowers are here and although they can be very pretty to look at, the pollen they bring can be difficult to those that suffer from allergies. Having allergies doesn't have to keep us from getting out and enjoying the outdoors, we just have to be prepared!

- ◆ Know what pollens you are more sensitive to and look to see if that pollen is strong and start taking your meds before it gets to you.
- ◆ Check the weather. Pollen is usually higher on warm, breezy days, so you can prepare based on the weather.
- ◆ Choose lower intense activities if the allergies are stronger on certain days, such as stretching, yoga, or another activity to keep your breathing rate down.
- ◆ Protect your eyes and lungs. Wearing a mask or bandana over the nose and mouth will help to not inhale the allergens in the air.
- ◆ Change your clothes and shower off the pollen that may have coated you hair, skin, and clothes after being outside.
- ◆ Sometimes its better to just stay in. When pollen counts and other irritants (pollution or ozone) are high, finding indoor activities may be the better option for you.

If you suffer from allergies, please talk to your doctor and see what options they may have to help you ease these seasonal sniffles.

Thank you OB Fire Dept for our Weekly Blood Pressure Checks

Blood pressure screenings are important to check for high blood pressure because there are usually no symptoms and it cannot be detected without being measured. Lowering high blood pressure can help reduce your risk of heart disease and stroke.

Stop by every Wed at 9am to check your BP

On Going Activities

Fitness/ Exercise - \$5 fee per class

Sit & Be Fit w/Justine	Mon @ 2pm
Tai Chi w/ Rio	Wed @ 9am
Yoga w/ Sallie	Tue & Thr @ 8:30am
Chair Yoga	Wed @ 11am
Fit & Tone w/ Justine	Mon @ 8:30am

Classes may cancel due to instructor availability.

Cards/ Games

Bridge	Tue & Thr @ 12pm
Hand and Foot	Mon & Thr @ 9:30am
Mah Jong	Mon @ 12:30pm
Mex. Train Dominoes	Wed @ 9:30am
Yahtzee	Wed @ 1pm

Schedule may change due to low attendance

May Events– Please pre-register for activities

Friday, May 6 @ 11:00am: Mother's Day Tea Party– This is the time of year to honor all mother figures in our lives.

Sign-up ends April 30. *Cost: \$3*

Sunday, May 8: Happy Mother's Day!

Friday, May 20 @ 8:30am: TRIP– State Park Pier Tour. We will follow a guided tour at the Gulf State Park Pier and then venture to the Woodside Restaurant for breakfast (not included in cost) and then return to the Senior Center.

Cost: \$2

Friday, April 29 @ 10:00am: GAME & LUNCH– Join us for *The Price Is Right* hosted by Kindred Hospice with lunch included! *Cost \$3*

Arts & Craft Projects

Pre-register to ensure space and material

Ceramics:	Tue @ 9am—11am	Cost: Varies
Book Folding:	Wed @ 9am—11am	Cost: \$5
Glass Etching:	Thr @ 9am—11am	Cost: \$10

Classes may cancel due to instructor availability. Please check the calendar or call for more information

To sign-up for an activity, or if you have any questions, please call 251-981-3440. Information can also be found online at <https://www.orangebeachal.gov/facilities/adultsenior-center/about>