

Silver Center Scene
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Silver Center Springs Into Action

By Jan Almon

It is hard to know if it is really Spring considering the erratic weather lately. There is no doubt, however, that the Silver Center is springing into action with several opportunities for learning, participating, and having fun.

In April, The Arthritis Foundation Exercise Program will present a 3-week series of workshops on the disease, from recognizing the symptoms to dealing with advanced stages. The workshops will cover developing a personalized exercise program, relaxation, dealing with emotions, eating habits, setting goals, having an action plan and problem solving. The free sessions will meet Tuesdays from 1 to 2 pm April 7, 14 and 21.

The “Matter of Balance” 4-week class series with two classes per week will return in April sponsored by AACOG. This popular class fills-up fast and is designed to reduce the fear of falling and number of falls and control falls if they happen. Participants learn to avoid falling, set realistic goals for increased activity and use exercise to increase strength and balance. The class will meet from 9:30 to 11:30 am starting April 21 and 23. Again, it is free and open to all.

Speaking of health topics, remember that Guadalupe Valley Nursing Center will sponsor the monthly Lunch ‘N Learn on April 9. These free lunches deal with a variety of topics and require reservations so a free lunch will be ready. Attendance is limited.

A Wellness Expo is scheduled for April 28. This free event brings together health resources from across the region. There are door prizes, giveaways and lots of valuable information.

More immediately, you can swing into action tomorrow, Monday, March 16, at 4 pm for the first organizational meeting for Taste of Seguin. This annual event in June is the Silver Center's major fundraiser. Restaurants, caterers and food service operators come together to compete by offering samples of their best to the entire community. You can sample cookies at the organizational meeting, but most importantly, Taste Chairman Kay Lynn Hawkins will begin detailing plans for the expansion of this year's event and how you can participate. Whether organizing, helping or attending, it is all about a good time.

Last month we discussed Leadership Seguin's "adoption" of the Silver Center as a class project. They are working hard on the details for their May 14 event and raffle tickets will be on sale soon. They are still collecting items for their silent auction, if you would like to contribute. You can call the Chamber of Commerce for details.

One more learning opportunity is the MahJongg for Beginners group now underway at 1:30 on Thursdays. The regular MahJongg players have launched a beginners group with no experience required. It can be a complex game, which is probably why it has lasted for centuries. This is a good place to give it a try without being embarrassed. You can graduate to the more experienced group if you like it.

The Silver Center has more than a few ways to end your winter doldrums. Check out the calendar of events on the webpage, go to the Facebook page or call the Center for more information. It is time for you to Spring Into Action.

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