JUNE 2010

FATHER’S DAY BUFFET

Join our annual Father’s Day BBQ Buffet on June 18, 2009 at George H. Waters Nutrition Center
10:30am – 12:30pm

KIMBALL SENIOR CENTER
“Father/Daughter, Mother/Son” DANCE!

w/ Juan Robles
June 14th, 2010
1:00-3:00pm

ELECTION TIME AGAIN!
Kimball Senior Club will have elections for new officers on June 7th, 10:30 am – 1 pm followed by the monthly membership meeting.

Farmer’s Market Coupons

Free Farmer’s Market coupon books will be available to low income senior citizens again this summer. The bad news is we will receive fewer than we did last year. One $20.00 booklet per senior. They will be distributed on a first come first serve basis. You must be 60 years old or older and have an income of less than $1,604/month (single) or $2,159 (couple) to qualify.
Popular in China and other Asian countries for thousands of years, green tea has been shown to have significant medicinal as well as therapeutic properties. Like the more familiar black tea, green tea comes from the *Camellia sinensis* plant. The difference between black and green teas lies in their processing. Black tea is fermented, whereas green tea, which is prepared from steamed, dried leaves, is not allowed to ferment. The minimal processing helps retain the tea’s green color, give it a flowery aroma and fresh flavor and also preserves the active ingredients that produce the tea’s health benefits.

All tea leaves contain caffeine, tannins, essential oils, polyphenols, vitamins, minerals and trace elements like fluoride. Green tea has many health benefits. It is an anti-inflammatory, lowers blood cholesterol levels, has a beneficial effect on circulation and liver, protects against tooth decay and detoxifies the blood.

**Common Types of Green Tea**

**Japan** – *Sencha*, the most widely consumed in Japan.

*Bancha*, a low-caffeine variety similar to Sencha but less bitter.

**India** – *Green Assam*, the largest tea growing area in the world.

*Green Darjeeling*, grown in the Himalayas and is very mild.

**China** – *Gunpowder*, tightly rolled leaves that resemble pellets.

*Jasmine Tea*, slightly fermented, flowery tea produced from actual jasmine flowers.

**FEELIN’ FIT** Feel better from the comfort of your own chair. Join our Feelin’ Fit Club that meets every Monday, Tuesday and Thursday for 45 minutes before lunch. This class emphasizes strength training, balance, flexibility and fun! Maintain independence to do normal day-to-day activities like climbing steps and getting out of an easy chair through muscle tone and balance. Everyone is welcome – no need to be “in shape” to take advantage of this **free** class!

Transportation to this program is available. Call 336.6750 for more information.

**Program Information and Referral**

Please call our Home Delivered Meal Coordinator, Isabel Ochoa at 619.336.6752 for questions about our services including Home Delivered Meals, Senior Dining Centers, and Referral Information.

619.336.6750.
Se Habla Espanol.
**Find your balance between food and physical activity**

- Children and teenagers should be physically active for 60 minutes every day, or most days.
- For sustain weight loss, eat 60 to 90 minutes a day of physical activity may be required.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- Be physically active for at least 20 minutes most days of the week.
- Be sure to stay within your daily calorie needs.

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<table>
<thead>
<tr>
<th>Food Group</th>
<th>Recommended Amounts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat &amp; Beans</td>
<td>Get 3 cups every day</td>
</tr>
<tr>
<td>Milk</td>
<td>Get 2 cups every day</td>
</tr>
<tr>
<td>Fruits</td>
<td>Eat 2 cups every day</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Eat 2 cups every day</td>
</tr>
<tr>
<td>Grains</td>
<td>Eat 6 oz. every day</td>
</tr>
</tbody>
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- Choose foods and beverages that are low in added sugars, sodium, and saturated fat.
- Check the nutrition facts label to keep saturated fats, trans fats, and sodium low.
- Limit solid fats like butter, margarine, shortening, and hard or soft cheeses.
- Make most of your fluid sources from fruits, nuts, and vegetable oils.

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- **Eat 5 1/2 oz. every day**
  - For kids aged 2 to 8, it’s 2
  - For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to myplate.gov.

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- Choose more fish, beans, peas, nuts, and seeds.
- Choose more fruit, vegetables, and whole grain cereals, breads, and milks.
- Choose low-fat or fat-free when.
- Go lean with protein.
REMINDER

Starting July 1st, 2010 we will no longer be serving lunch at the Granger Ave. Café or Summercrest sites. Patrons of those sites are welcome to eat lunch at the main site located at Morgan Tower (1415 D Avenue). Anyone who needs assistance with transportation to the main site can call Maria Wright at 336-6760.

Thank You