



JERSEY VILLAGE SENIOR OUTREACH

Monthly Programs Newsletter

JANUARY 2021



It's a new year and that means a fresh start, and don't we all deserve that! JVSO would like to wish you and your family a very happy new year! We are looking forward to continuing our mission to stay active and stay connected in the coming year.



Last year, despite a global pandemic, JVSO was able to stay connected to many of our members. Although not ideal, we are thankful the technology was available to make this happen. A survey was sent in past 2 Sunday emails (as of Dec 29th, 45 people have completed). If you and your spouse are members, we hope each will complete since interests are slightly different. Your feedback helps us as we plan activities. We don't want to put effort in something no one is interested; instead, plan activities members want.



Can you figure out the correct numbers to solve the last equation?

- $6 + 4 = 210$
- $9 + 2 = 711$
- $8 + 5 = 313$
- $5 + 2 = 37$
- $7 + 6 = 113$
- $9 + 8 = 117$
- $10 + 6 = 416$
- $15 + 3 = 1218$
- $?? + ?? = 123$



TIPS FROM

THE UNIVERSITY OF TEXAS
**MD Anderson
Cancer Center**

Being inactive can increase your risk for colon, postmenopausal breast and uterus cancers. It also may increase your chances for lung or pancreas cancers.

How to start:

- Get up and move for a minute or two every hour while you're awake.
- Boost your heart rate
- Speed up your heart making you feel a little out of breath. Each week aim for at least 150 minutes of moderate activity or 75 minutes of vigorous activity.

Moderate activities:

- Brisk walking, dancing, gardening

Vigorous activities

- Running, playing basketball, swimming

- Get strong: Do muscle strengthening exercises at least twice a week to maintain a healthy weight. Strength training includes exercises with free weights, weight machines, resistance bands or your own body weight.
 - Choose from squats, lunges, leg raises, push-ups, bicep curls, tricep dips and planks.
 - Always rest your muscles for 48 hours after strength training.

JANUARY

Links to the virtual activities will be in weekly emails and on our website at www.jvso.org.

1-5	5:00 pm	Happy Hour
1-6	3:00 pm	Film Club: "Judy" (Amazon Prime)
1-7	3:00 pm	Chair Yoga
1-8	8:30-9:30 am	Coffee-Conversation-Tech
1-12	1:00 pm	Game Day: Bingo
1-14	3:00 pm	Chair Yoga
1-15	8:30 am	Coffee-Conversation-Tech
1-19	1:00 pm	Cooking Class: Light lunch
1-20	3:00 pm	Film Club: Movie TBD
1-21	3:00 pm	Chair Yoga
1-21	7:00 pm	TED Talk: The Power of Vulnerability
1-22	8:30-9:30 am	Coffee-Conversation-Tech
1-26	1:00 pm	Game: Bingo
1-27	3:00 pm	Book Club: The Gown by Jennifer Robson
1-28	3:00 pm	Chair Yoga
1-29	8am-10am	Coffee and Conversation

Do you have a skill, talent, recipe, game, or topic of discussion you would like to present in a Zoom class (or in person once we go live)? If so, email Karie Lawrence at jvsoinfo@gmail.com.

STAY ACTIVE!

STAY HEALTHY!

STAY CONNECTED!



City of Jersey Village Activities and News

- 1-3 12-3 Farmer's Market
- 1-17 12-3 Farmer's Market
- Pickleball at Clark Henry Park
5th, 12th, 19th, 26th 9:00am-11:00am
6th, 13th, 20th, 27th 3:00pm-5:00pm

VACCINES EXPLAINED

FAQs



STAY CURRENT ON THE LATEST INFORMATION ABOUT THE CORONAVIRUS VACCINE

The Coronavirus vaccine has been widely distributed and each state is developing phases for distribution. National and state vaccination plans are changing often, plan 1A started a few weeks ago and plan 1B is starting soon, if not already by the time you received this newsletter. For more information check out the CDC and Texas websites.

- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>
- <https://www.dshs.state.tx.us/coronavirus/immunize/vaccine.aspx>

If you are interested in the vaccine, you may be closer than you think to getting it; however, many medical practices are waiting for guidance as well. This link shares more information on what to expect from the vaccine.

- <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/expect.html>

Contact your primary care physician, or other medical practitioner, to discuss the options that are best for you.



Answer: $12 + 11 = 123$