

July/August 2024

The Senior Gazette



Slow-moving Tai Chi is more effective than aerobic exercise for reducing blood pressure.

Chinese scientists compared two groups of participants with high blood pressure over one year—one practicing Tai Chi and the other performing aerobic exercise. Researchers from the China Academy of Chinese Medical Sciences took 342 participants with prehypertension—blood pressure that’s slightly higher than normal—and split them into two groups. Half the participants performed Tai Chi, the Chinese martial art practiced for self-defense and health, during four supervised sessions every week for one year. Tai Chi guides individuals to concentrate on very slow and fluid movements that can benefit an individual’s balance, breathing, and heart function. At 12 months, the average blood pressure of the Tai Chi group fell by 7.1 points, whereas the aerobic groups’ fell by just 4.61. Similar results were also observed after six months. Particularly beneficial for seniors, Tai Chi can help improve body flexibility and balance, which reduces the risk of falls in older adults.

Reminderville Annual 4th of July Parade!

Thursday, July 4

Parade starts at 10:30am

Parade route will start at Glenwood Blvd and Florida St and proceed down Glenwood Blvd and turn onto Nautilus Trail and end at the marina in Aurora Shores.

Come line up on Glenwood and Nautilus in your red, white, & blue!



Please be aware that Glenwood and Nautilus will be closed from 10:25am-11:00am.

REMINDERVILLE COMMUNITY SHRED DAY!

SATURDAY, AUGUST 10

10:00am-1:00pm

CITY HALL PARKING LOT

3382 GLENWOOD BLVD

Permitted Materials:

Documents, drawings, photos, blueprints, coupons, tickets, checks, magazines, spiral notebooks, paper and binding clips, staples, hanging folders, paper bags.

Non-Permitted Materials:

Plastics, cardboard, boxes, plastic bags, 3-ring binders, vinyl, metal, media such as CD’s, DVD’s, tapes, hard drives.

THIS IS A FREE EVENT!

PULL UP, STAY IN YOUR CAR, AND DROP OFF YOUR ITEMS!



BINGO!



Thursday, July 11

10:30am

Thursday, August 8

10:30am

Heritage Hall – across from the police station

Call Stacey at City Hall to reserve your seat! 330-562-1234

UPCOMING LUNCH & LEARNS:

12:00pm at Heritage Hall

Limited capacity of 25 – Call Stacey to register 330-562-1234

*Join us for a presentation while enjoying a complimentary lunch!

July 25: *Twinsburg Public Library Programs & Resources*

Presented by Alex Smith & Kaitlin Walker

ANNUAL SENIORS PICNIC!

MONDAY, AUGUST 19

12:00

RAY WILLIAMS PARK

JOIN US FOR LUNCH WITH FRIENDS!

HAMBURGERS, HOT DOGS, SIDE DISHES, & DESSERT

RSVP to Stacey 330-562-1234 or

stask@reminderville.com

My friend: Have you met my daughter Beth?

Me: And what's Beth short for?

My friend: Because she's only three.

Man: I need a doctor's appointment.

Receptionist: Okay, how about 10 tomorrow?

Man: No, I don't need that many.

Hardy

Har

Har!

WAITER:

*DO YOU WANT TO HEAR
TODAY'S SPECIAL?*

CUSTOMER:

YES, PLEASE.

WAITER:

*NO PROBLEM, SIR.
TODAY IS SPECIAL.*

If you need anything, please contact
Stacey at City Hall at 330-562-1234 or stask@reminderville.com