

# March 2024



## Stay Strong, Stay Healthy



### Strength Training Program for Older Adults

Strength training is no longer just for bodybuilders. Stay Strong, Stay Healthy is an eight-week, evidence-based strength training program designed for older adults who want to improve their quality of life and stay active. Classes are held in familiar settings such as senior centers and church halls, not the gym. The exercises are easy to learn, safe and effective. No need to wear special clothes—just comfortable, loose-fitting pants and shirt, along with sturdy, closed-toe walking shoes.

#### What are the benefits?

Strength training:

- Increases muscle strength
- Improves balance
- Enhances flexibility
- Strengthens bones
- Relieves arthritis
- Helps control weight
- Lifts depression
- Reduces stress
- Reduces risks for heart disease

#### Here's what we do

Stay Strong, Stay Healthy classes include:

- Warm-up exercises
- Eight strengthening exercises, with or without hand and ankle weights
- Cool-down stretches

Over the course of the program, you will increase your strength and improve your balance. After the eight weeks are over, you can continue the strength training program in the comfort of your home or with a group.

Weights will be available on-site, and a trained instructor will help you learn and do these exercises safely.



Location: Alexanderwohl Mennonite Church, 1304 K, KS-15 Goessel, KS 67053

Dates: April 9th, 11th, 16th, 18th, 23rd, 25th, 30th

May 2nd, 6th, 10th, 14th, 16th, 21st, 23rd, 28th and 30th

Time: 9:30 to 11:30 April 9th and May 30th, 10:30 to 11:30 all other dates

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## General Information

- Deadline for articles to be submitted to the newsletter is the 20th of each month.
- Editor: Jennifer Bliss
- Phone: (620)367-8111
- E-Mail: goescity@mtelco.net
- Web: www.goesselks.com
- To receive this newsletter via email, please contact us.



[www.facebook.com/goessel.kansas](http://www.facebook.com/goessel.kansas)



## Library Hours

Monday	4:00-8:00 pm
Tuesday	5:00-7:00 pm
Wednesday	9:00 am-1 pm
Friday	9:00 am-2 pm
Saturday	9:00 am-12pm

Librarian—Laura Dailey

Phone: (620) 367-8440

E-Mail: [goeslib@mtelco.net](mailto:goeslib@mtelco.net)

Goessel Town and Country Garden Club will have their first meeting of 2024 on March 21st at 7:00 at Goessel Church. Mike DeRee from Ball Seeds will be our speaker. The public is welcome to attend!



## Stay Strong, Stay Healthy



### **Stay Strong, Stay Healthy is your ticket to better health.**

Our bodies are made for activity, but modern conveniences allow us to be increasingly inactive. Physical inactivity can place our health at risk for many chronic diseases.

Here's the good news! We have something fun planned to get you up and moving: the Stay Strong, Stay Healthy program will be held at the Alexanderwohl Mennonite Church, 1304 K-15 Hwy., Goessel.

This eight-week program can help you get started on the road to better health. The Stay Strong, Stay Healthy program is built on simple, strength-building exercises that will improve balance, health and state of mind. No, it's not difficult or complicated weight lifting. You'll start at a level that's right for you. No one is too inactive to participate. Building strength promotes quality of life and independence, especially for adults over 60. Instruction is provided by K-State Research and Extension Agent Jacqueline Gamez.

The class meets for one hour, two times a week at 10:30 am on Tuesdays and Thursdays in April and May over 8 weeks beginning Tuesday, April 9 (Exception: Monday, May 6 and Friday, May 10).

To register, attend the orientation session on Thursday, March 28 at Alexanderwohl Mennonite Church. Call the Marion County Extension Office at 620.382.2325 or Dickinson County Extension Office at 785.263.2001 for a program flyer with more details. Pre-registration is required. The fee is \$25 for the eight-week series.

The February meeting of the **Goessel Goal Getters** was held on Monday, February 5 at the Goessel High School Library.

The Pledge was said by Amily Boden, and Daylen Gibson sang the Happy Birthday song. The Roll Call was, "How many candies are inside the jar?" Sixteen members, five leaders, five parents and one guest answered for a total of 27 people present.

Nivea Funk read last month's minutes, and they were approved. EV Cannon read the Treasurer's report.

An Officer Training was held earlier that day, so the officers gave a short presentation to the group. They showed posters they had made as reminders of things that make a successful meeting, such as listening and being respectful.

Next, Amily Boden gave a presentation about pigs, Levi Funk shared one about meat protein, and Cole Shaver did one about his Heifer. Recreation was led by Cole Shaver, and we played line tag.

The next meeting will be on March 4 at 7:00 P.M. at the Goessel High School Library.

*Submitted by Elisabeth Kitto, Club Reporter*

# BAGS<sup>TO</sup> BENCHES

YOU CAN HELP!



## How it works:

**NexTrex offers a challenge program to help communities annually earn a bench made of recycled plastic when the community reaches the goal of collecting 1,000 lbs of soft film plastic during a year.**

**Volunteers collect, weigh, and record the plastic, then take it to a drop off site.**

**Bethesda Home started the program in November 2023. As long as the program continues, and as long as the community is able to give 1,000 lbs of CLEAN AND DRY soft plastic film annually, the recipients of the bench will rotate between Bethesda Home, the school district, and the city of Goessel. Each organization's goal is to reach 300 lbs of plastic by May 14th.**

## Ways you can help:

- **Send CLEAN AND DRY qualifying plastic film with your child to school where receptacles are provided.**
- **Drop off your CLEAN AND DRY qualifying plastic film at Bethesda Home.**
- **Drop off CLEAN AND DRY qualifying plastic film at Goessel Grocery and Deli.**



## Examples of CLEAN AND DRY qualifying Items:

- Plastic labeled as #2 or #4
- Plastic that stretches when you pull it, such as grocery bags, bread bags, case overwrap (ex: on a case of water bottles), dry cleaning bags, produce bags, product wrap (ex: wrap on package of toilet paper), bubble wrap, plastic shipping envelopes.



Grocery bags



Bread bags



Bubble wrap



Dry cleaning bags



Newspaper sleeves



Ice bags



Plastic shipping envelopes



Ziploc & other redosable food storage bags



Cereal bags



Case overwrap



Salt bags



Pallet wrap & stretch film



Wood pellet bags



Produce bags

# March 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Sub-State BB @ TBA	2
3	4	5	6 -----State BB @ Dodge City-----	7	8	9
10	11 BOE Meeting 7p -----Spring Break-----	12	13	14	15	16
17	18	19 Winter Awards Night 6:30 p.m.	20 	21	22	23
24	25	26	27	28 Varsity Golf @ Great Life Salina 1:00 p.m.	29	30 
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