

# COMMUNIQUE

Some [Mnemonics](#) you should know that could save your life.

**“Listen to your body. Let pain be your guide. And if it hurts, don’t do it.”**

**-- Kenneth Vitale, MD**

See [What’s Happening at the Bay Club](#) for fitness and other Club activities.

[New pool schedule](#)

Click [here](#) for fitness gains you can make after age 60.

The [No Gym Workout](#) you can do at home

**KEEP MOVING!**

## Pickleball Court Hours

Mon – Sat 10:00 am – 1:00 pm  
 Sunday 1:00 pm – 3:00 pm  
 Tue – Thurs (lower courts only)  
 1:00 pm – 3:00 pm

The Health and Fitness Committee meets on the first Thursdays at 9:30 a.m.

Health and fitness enthusiasts are welcome.

## Health Benefits of Green Tea

(The following is taken from *Living Well* as published in the October 2023 issue of the *American Legion Magazine*.)

Green tea is made from the *Camellia sinensis* plant. Green tea’s leaves are unfermented, making it different than black tea and oolong teas. This gives green tea a high level of antioxidants and is known as an anti-aging drink and a superfood.

Benefits of green tea include the following:

- **Slows weight gain.** Antioxidants contained in green tea may aid metabolic health and may assist with weight management and is supported by recent research.
- **Boosts heart health.** Green tea contains qualities that protect against heart disease, hypertension, anti-thrombogenic, anti-diabetic, anticancer, and neuroprotective compounds.
- **Protects against eye disease.** Green tea can protect eyes against oxidative damage and vision loss.
- **Protects against Alzheimer’s disease.** Green tea has ingredients that inhibits enzymes found in the brains of Alzheimer’s patients.
- **Reduces risk of diabetes.** Green tea may normalize blood sugar levels. Its anti-inflammatory properties are beneficial for those at risk of type 2 diabetes. In addition, green tea appears to have anti-obesity effects.



## Health & Fitness Presentation

The fifth in a series of monthly presentations relating to health and fitness will be held on Friday, November 3 from 10:30 a.m. – noon at the Bay Club. This session will focus on proper use of free weights including barbells, dumbbells, and kettlebells and will again be coordinated by Dr. Michael Haberpointer, DPT. To register call 360.437.2208 or register at the front desk.