

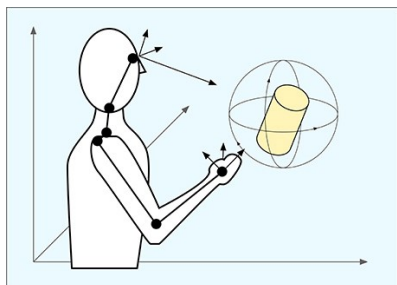
COMMUNIQUÉ

“If you want something you’ve never had, you must be willing to do something you’ve never done.” —Thomas Jefferson

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



Eye-hand coordination declines with age. [Here](#) are activities to help improve eye-hand coordination.



[Pet ownership](#) may reduce cognitive decline.

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

Vitamin D Deficiency in Winter

According to Dr. Bauer of Mayo Clinic, living above the 37th parallel (that’s most of us) could put you at risk of Vitamin D deficiency in winter. The shorter days and less exposure to sunlight can be part of the cause.



According to the [Mayo Clinic](#) people up to age 70 should take in 600 IU (international unit) of Vitamin D a day and people over 70 need 800 IU.

Notes on Cognitive Decline

There is a lot of research and literature regarding cognitive decline in an aging population.

Sometimes things occur and we might wonder is it [aging or Alzheimer’s?](#)

Do you occasionally misplace things and wonder [why can’t I remember anything?](#)

[Tai Chi](#) may counter mild cognitive decline according to this study. See [What’s Happening at the Bay Club](#)” for opportunities to participate in Tai Chi.

[See this article](#) from the National Institute of Health on how a daily multivitamin may improve cognition in older adults.

Upcoming Health & Fitness Presentations

February 2 – Suspension Strap and other Functional Training.

March 1 – Rehab from Surgery or Injury: Shoulder, Hip, Knee & Back.

April 5 – Functional Training.

All sessions will be held at the Bay Club from 10:30 a.m. to noon and coordinated by Michael Haberpointer, DPT. To register call 360.437.2208 or register at the front desk.