

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------------------------|---|--|---|---------------------------------------|--|
| | 8:15-8:45 am Moving Water | | 8:15-8:45 am Moving Water | |  |
| 8:30-9:00 am Summit Striders | 8:30-9:00 am Summit Striders | 8:30-9:00 am Summit Striders | 8:30-9:00 am Summit Striders | 8:30-9:00 am Summit Striders | |
| 9:00-9:45 am Splash Fitness | LINE DANCING 9:00-9:55 am | 9:00-9:45 am Splash Fitness | LINE DANCING 9:00-9:55 am | 9:00-9:45 am Splash Fitness | |
| 9:30-10:00 am Energy |  | 9:30-10:00 am Line Dancing Practice |  | 9:30-10:00 am Energy | |
| 10:00-10:45 am Lift and C.L.I.M.B. | 10:00-10:30 am Strength & Balance II | 10:00-10:45 am Lift and C.L.I.M.B. | 10:00-10:30 am Strength & Balance II | 10:00-10:45 am Lift and C.L.I.M.B. | |
| 1:30-2:00 pm SHAPE Up | 10:30-11:00 am Strength & Balance I | 1:30-2:00 pm SHAPE Up | 10:30-11:00 am Strength & Balance I | 1:30-2:00 pm SHAPE Up | |
| 2:00-2:45 pm PWR!Moves | 11:00-11:45 am Men's Stretch | | | | |
| 2:00-2:30 pm WAVES | 1:30-2:00 pm WAVES | 2:00-2:45 pm Yoga | 1:30-2:00 pm WAVES | | |
| 3:00-4:00 pm Jeopardy | 3:00-3:45 pm Chair Volleyball | | | | |

Black = Wellness Area
 Blue = Pool Based
 Green = Healthcare Neighborhood

May Events!

- Beginning Tuesday, May 1st**
Pledge day in Wellness Launch Event
 Active Today - Healthier Tomorrow
 everyone will write their name on a large Pledge sheet to commit for the month.
- Every Thursday in May**
Know Your Numbers
 BMI, (Body Mass Index is a measure of body fat based on height and weight), Weight, and Blood Pressure will be taken in the Wellness Center.
- Friday, May 11th • 11am**
Foam Rolling Workshop
 in the Wellness Center
- Friday, May 18th • 11:30am**
Pizza Party Outing
- Wednesday, May 30th**
Senior Health and "Fun"ness Day
 See calendar of events for this FUN day.
- Thursday, May 31st**
World No Tobacco Day

Wellness at The Retreat

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|--|--|------------------------|
| 10:00-10:30 am ROM | 10:30-11:00 am Balance 101 in the Wellness Center | 10:00-10:30 am ROM | 10:30-11:00 am Balance 101 in the Wellness Center | 10:00-10:30 am ROM | 11:00-11:30 am Sway |
| 10:30-11:00 am Move and Groove in Reflections | 11:00-11:30 am FIT & FUN | 10:30-11:00 am Move and Groove in Reflections | 11:00-11:30 am FIT & FUN | 10:30-11:00 am Move and Groove in Reflections | |
| 11:00 am-11:30 pm Strength and Stretch | 11:30 am-12:00 pm Walk and Talk | 11:00 am-11:30 pm Strength and Stretch | 11:30 am-12:00 pm Walk and Talk | 11:00 am-11:30 pm Strength and Stretch | |
| 2:00-2:30 pm PWR Moves | 1:30 pm-2:00 pm WAVES | | 1:30 pm-2:00 pm WAVES | | |

CHAIR VOLLEYBALL
3PM ON TUESDAYS



CLASS DESCRIPTIONS

Do you want to get back into your workout schedule, need some improvement? Stop by the Wellness office and let us help you get your program started.

Chair Dance: Move to the beat for this fun cardio workout.

Chair Volleyball: Like traditional Volleyball but one part of your body (bum) stays in the chair the entire time. Come have some fun with us!

Energy: A moderate cardiovascular class with strength-training moves.

Forever Young: We alternate working the heart and the muscles to keep you strong and moving.

Jeopardy: Trivia class based on the popular TV trivia show "Jeopardy!" - a great way to engage your mind and have a fun time!

Lift and C.L.I.M.B.: Work the upper and lower body for a great total body workout.

Move and Groove: This is a class for everyone, we will move all our joints within their range of motion these exercises are done to preserve flexibility and mobility of the joints.

Moving Water: A mild cardio class incorporating range of movement exercises, with strength and flexibility exercises.

PWR!Moves: A Parkinson's specific exercise program focusing on large fast functional movement.

Scrabble: A word game in which players score points by placing

tiles, each bearing a single letter, onto a game board. The tiles must form words which, in crossword fashion, flow left to right in rows or downwards in columns.

SHAPE (Seniors Having Active and Purposeful Exercise) Up: Strengthening lower body and upper body with a little cardio.

Sit and Be Fit: This class is a combination of upper and lower body functional exercises to improve ADLs (activities of daily living).

Splash Fitness: Cardio class designed to build endurance, incorporating strength and balance work.

Strength and Balance: This class focuses on improving your balance while strengthening the core and legs. (Level 1 - works on the basics of balance for those new to balance work.)

Summit Striders: A fun walking group and a great cardiovascular exercise.

WAVES: Our award winning aquatics class designed to soothe anxiety, improve appetite and strengthen the bond between members and their caregivers.

Yoga: Presents an introduction to basic yoga poses. Focus will be on stretching and coordination to movement. Suitable for people new to yoga and adaptable to chair.

MOTION IS LOTION

Have you given up on exercise?

A lot of older people do - just one out of four people between the ages of 65 and 90 exercises regularly. Many people assume that they're too out-of-shape, or sick, or tired, or just plain old to exercise. **They're wrong.**

"Exercise is almost always good for people of any age," says Chhanda Dutta, PhD, chief of the Clinical Gerontology from the National Institute on Aging. Exercise can help make you stronger, prevent bone loss, improve balance and coordination, lift your mood, boost your memory, and ease symptoms of many chronic conditions.

Here is one myth that has stopped older people from exercising:

#1 Trying to exercise and get healthy is pointless - decline in old age is inevitable.

"There's a powerful myth that getting older means getting decrepit," says Dutta. "It's not true. Some people in their 70s, 80s, and 90s are out there running marathons and becoming body-builders." A lot of the symptoms that we associate with old age - such as weakness and loss of balance - **are actually symptoms of inactivity, not age,** says Alicia I. Arbaje, MD, MPH, assistant professor of Geriatrics and Gerontology at Johns Hopkins University.

Exercise improves more than your physical health. It can boost memory and help prevent dementia.

Come to the Wellness center and let us develop a plan that will keep you in MOTION!



Exercise Benefits for Seniors

- Increase mental capacity
- Increase life expectancy
- Improve quality of life
- Increase balance
- Prevent disease
- Improve healing

MAY 2018
WELLNESS SCHEDULE


SUMMIT HILLS