

GAMING CALENDAR - FEBRUARY

MONDAY

2:00 p.m. Bingo-GMR
3:00 p.m. Bridge Club-GMR
6:30 p.m. 500 Club-GMR

FRIDAY

2:00 p.m. Bingo-GMR
3:00 p.m. Bunko-GMR
6:30 p.m. Penny Poker-BST
7:00 p.m. Euchre-GMR

TUESDAY

1:30 p.m. Bunco-GMR
3:00 p.m. Bridge Club-BST
6:15 p.m. Pokeno-GMR
6:30 p.m. Penny Poker-BST

SATURDAY

2:00 p.m. Bingo-GMR
3:00 p.m. Bridge Club-GMR
3:00 p.m. Scrabble
3:00 p.m. Mixed Billiards-Pool / Shuffle Board
6:30 p.m. Penny Poker-BST
7:00 p.m. Euchre-GMR

WEDNESDAY

1:00 p.m. Mixed Billiards-Pool/
Shuffle Board
2:00 p.m. Bingo-GMR
6:30 p.m. Penny Poker-GMR

SUNDAY

2:00 p.m. Bingo-GMR
3:00 p.m. Board Game Hour
6:30 p.m. Penny Poker-GMR

THURSDAY

1:00 p.m. Cornhole-Lakeside Porch
3:00 p.m. Bridge Club-GMR
6:15 p.m. Pokeno-GMR
6:30 p.m. Penny Poker-BST

HEALTHY LIFESTYLES FITNESS PROGRAMS

Get Inspired to Get Fit!

Because February is Heart Health month, the goal this month is to focus on our cardiovascular health. All forms of cardiovascular exercise performed at least three times a week will improve your health! Come to one of the many weekly classes, or check out the cardio machines in the Wellness Center. If you need assistance using or getting familiar with any of the equipment, or desire one-on-one help or direction, please sign up at the front desk for an appointment with Kaela!

Keep Fit Medium Impact - THTR Mondays & Wednesday @ 10:45 a.m.

This is a 45 minute exercise program designed to improve and maintain your strength, flexibility, and resistance through use of weights and resistance bands. This is a medium impact workout with exercises that are executed through combination of movements done in a chair and on your feet. This is a great program for everyone, designed to keep the already physically fit motivated and challenged, while providing the opportunity for beginners to increase their physical function over time.

Keep Fit Low Impact - ACT Monday-Friday @ 10:00 a.m.

These daily wellness programs are 30 minute fitness sessions designed to start your day off right by promoting good physical and emotional health. Different each day, they consist of stretches, rhythmic movements, dance, relaxation techniques, and much more that can help improve blood circulation, strengthen muscles and joints, and help you maintain a healthy mind and body. They are low intensity work outs, easy to do, and often fun.

Laughter Yoga with Robin - ACT Tuesdays @ 10:00 a.m.

Robin O'Neal Kissel is a high-energy certified Laughter Yoga instructor. Her program is designed to help people find joy and healing through connecting with themselves and others. There are many benefits to this exercise which creatively integrates fitness with laughter. Regular laughter exercise can enhance your mood, lower stress, improve circulation, and boost your immune system, while also giving you a great core body work out.

Stott Pilates -THTR Tuesdays @ 10:45 a.m.

You don't have to leave your chair to enjoy the benefits of Stott Pilates, a modified approach to the original Pilates exercise method that is specific to older adults. It is ideal for individuals with mobility limitations, arthritis, or anyone looking to improve or maintain their overall health. This seated routine of gentle stretching, strengthening, and breathing works the arms, legs, and torso. Join Kaela for this class as she takes you through a workout that increases circulation, strengthens posture, and improves flexibility.

Restorative Yoga with Lynn-THTR Fridays @ 10:45 a.m.

Lynn Carroll leads this beneficial Yoga program designed with you in mind. It is a 45 minute class filled with Yoga practices geared toward healthy aging. Each exercise included in this program are done while seated in a chair and can be particularly helpful with relieving the symptoms of arthritis, hypertension, and osteoporosis. Other benefits include improved balance, posture, and strength. This class can help aid with pain management, reduce stress, and improve immune function. It's a wonderful, relaxing way to start your day.

Step by Step Saturdays @ 10:45 am

Join Kaela for this fun, high energy fitness class where you will learn the steps to new, classic, and popular line and party dances. Every month, Kaela will teach you step by step moves to a different dance. Each week you will have fun as you move your body to the music, learn some new moves, and you might even break a sweat while you groove! This month's featured dance is the Macarena, so come prepared to move your feet!

Sit & Be Fit - THTR Sundays @ 10:45 a.m.

This program consists of a series of seated workouts videos that will change week to week. This fitness series will include a variety of workouts, including rejuvenating Tai-Chi, Heart-Health Cardio, and exercises geared towards improving balance and strength.

