

April 2024 Wellness Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 2:30 Combo Yoga	2 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai chi	3 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	4 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	5 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
8 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 1:15 Seated Yoga 2:30 Combo Yoga	9 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	10 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	11 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	12 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
15 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 1:15 Seated Yoga 2:30 Combo Yoga	16 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	17 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	18 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	19 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Mediation
22 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 1:15 Seated Yoga 2:30 Combo Yoga	23 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	24 8:15 Fitness 9:00 Fitness 10:00 Seated Flow 2:00 Exercisin' with therapy	25 9:15 Seated Yoga 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit	26 8:15 Fitness 9:00 Fitness 10:00 Water in Motion 2:00 Meditation
29 8:15 Fitness 9:00 Fitness 10:30 Exercisin' with therapy 1:15 Seated Yoga 2:30 Combo Yoga	30 10:00 Water Fitness 10:30 Combo Yoga 11:30 Bone Builders 1:00 Sit and b fit 1:30 Tai Chi	<ul style="list-style-type: none"> ➤ Classes highlighted in blue are held in our Oakside Group Exercise Room located next to the Wellness Center. ➤ Classes highlighted in red are held in our Lakeside Essence lounge. ➤ Meditation is held in our Garden of life chapel ➤ Ping Pong is held On Thursday @ 3:00 in our Essence lounge on Thursday all skill levels welcome. ➤ Apr. 11th World Parkinson's day Pump it up for Parkinson's 		

<p>Tai Chi</p> <p>Yang & Chen style Tai Chi For all ability levels utilizes Slow mindful movements to help improve balance and strength has also shown to benefit the symptoms of Parkinson's.</p>	<p>Seated Flow</p> <p>Seated flow practice that uses gentle yoga movements to help with core strength, balance and range of motion.</p>	<p>Fitness</p> <p>Thirty minute cardiovascular, strength & balance class. Option available for seated or standing all ability levels welcome equipment is provided class is limited to 15 participants sign-up sheets in Oakside activity book.</p>	<p>Exercisin' with therapy</p> <p>Seated class that uses information to help you better understand your breath your balance and your overall health. Taught by our outpatient massage and physical therapist.</p>	<p>Water in Motion</p> <p>Forty minute water class that focuses on endurance and strength. All ability levels are welcome no equipment needed you should feel comfortable in chest level water. Takes place at Lakeside pool.</p>	<p>Bone Builders</p> <p>Resident taught fitness class focusing on strength, balance And osteoporosis prevention. All ability levels are welcome most exercises are preformed seated and equipment is provided.</p>
<p>Seated Yoga</p> <p>Seated Yoga is a gentle form of yoga you can safely do from a chair. The class is perfect for every body type and a great way to relax from head to toe! Enjoy the benefits of Yoga in a safe, fun and relaxing environment.</p>	<p>Water Fitness</p> <p>Thirty minute water fitness class held at the Oakside pool uses pool noodles for strength and balance along with cardio Movements all ability levels welcome.</p>	<p>Sit and b fit</p> <p>Thirty minute seated fitness class that uses patterns to help improve executive function fun and creative environment that all ability levels are welcome helps with cardiovascular endurance and strength as well.</p>	<p>Combo Yoga</p> <p>Gentle form of Hatha Yoga may be modified for any ability level forms performed on the floor can be modified to a chair.</p>	<p>Meditation Group Practice</p> <p>5 minutes of tips, 8 minutes guided, and 40 minutes silent meditation. Come and go as you please. Email paulatoth@outlook.com to join the group email list and start in-home practice: links to announcements, articles, guided meditations.</p>	<p>Ping Pong</p> <p>Ping Pong is a fun activity with great health benefits for seniors. It is a great way to stimulate the brain and promote quick thinking while improving hand-eye coordination. All ability levels are welcome.</p>