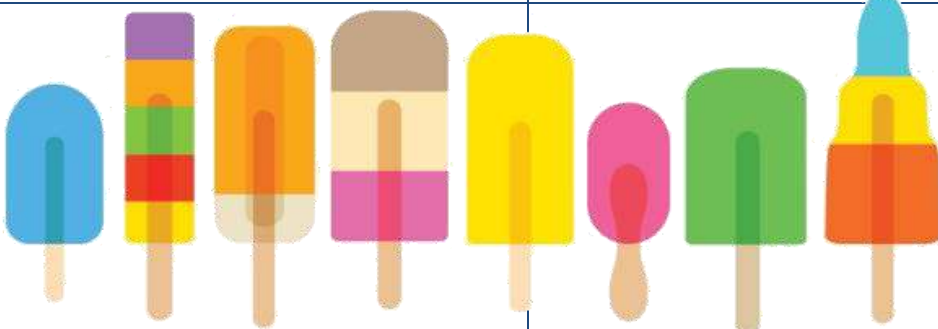


The Club at Village Shores – August 2022

Sunday Closed	Monday 7:30-4:00	Tuesday 7:30-4:00	Wednesday 7:30-4:00	Thursday 7:30-4:00	Friday 7:30-4:00	Saturday 8:00-2:00
	1 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Popsicles for Hydration 2:00 Seated Volley Ball	2 8:30 Walking Group 9:00 Circuit Training Class 9:30 Meditation 2:30 Blood Pressure Clinic	3 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30 Meditation 1:00 Nutrition Talk & Taste	4 8:30 Walking Group 9:00 Seated Tai Chi 9:30 Meditation 2:00 Line Dancing with Mindy 2:30 Blood Pressure Clinic	5 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	6 8:30 Walking Group 10:00 Stretching Video Class 1:00 Art for Wellness 3:00 Table Tennis
7	8 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Popsicles for Hydration 2:00 Seated Volley Ball	9 8:30 Walking Group 9:00 Circuit Training Class 9:30 Meditation 2:30 Blood Pressure Clinic	10 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30 Meditation Club Closed at 12:00 p.m.	11 8:30 Walking Group 9:00 Seated Tai Chi 9:30 Meditation 2:00 Line Dancing with Mindy 2:30 Blood Pressure Clinic	12 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	13 8:30 Walking Group 10:00 Stretching Video Class 1:00 Art for Wellness 3:00 Table Tennis
14	15 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Popsicles for Hydration 2:00 Seated Volley Ball	16 8:30 Walking Group 9:00 Circuit Training Class 9:30 Meditation 2:30 Blood Pressure Clinic	17 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30 Meditation 1:00 Nutrition Talk & Taste	18 8:30 Walking Group 9:00 Seated Tai Chi 9:30 Meditation 2:00 Seated Dance Video 2:30 Blood Pressure Clinic	19 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	20 8:30 Walking Group 10:00 Stretching Video Class 1:00 Art for Wellness 3:00 Table Tennis
21	22 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Popsicles for Hydration 2:00 Seated Volley Ball	23 8:30 Walking Group 9:00 Circuit Training Class 9:30 Meditation 2:30 Blood Pressure Clinic	24 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30 Meditation	25 8:30 Walking Group 9:00 Seated Tai Chi 9:30 Meditation 2:00 Line Dancing with Mindy 2:30 Blood Pressure Clinic	26 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	27 8:30 Walking Group 10:00 Stretching Video Class 1:00 Art for Wellness 3:00 Table Tennis
28	29 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Popsicles for Hydration 2:00 Seated Volley Ball	30 8:30 Walking Group 9:00 Circuit Training Class 9:30 Meditation 2:30 Blood Pressure Clinic	31 9:00 Arthritis Video Class 10:00 Chair Yoga 10:30 Meditation 1:00 Nutrition Talk & Taste			Key <i>Black - Regular Class</i> <i>Blue - Non Exercise Activity</i> <i>Purple - Resident Led Activity</i> <i>Red - Cancelled</i>



**Classes are held in the
Richfield Room
(1st floor)*

Class Descriptions

Arthritis Video (45 minutes): Monday & Wednesday 9:00am

Nice, easy, and fun exercises focused on loosening the joints. Mostly seated class.

Balance: Monday & Friday 10:00am

Practice a variety of exercises to improve balance. Mostly standing class.

Circuit Training: Tuesday 9:00am

Circuit training is a form of body conditioning that involves endurance training, resistance training, and aerobics.

Cardio Drumming: Friday 9:00am

Cardio Drumming class combines drumming, music, movement, and cognition through a fun approach that sparks creativity and critical thinking.

Chair Yoga: Wednesday 10:00am

Relax with a progression of sequenced moves using deep breathing and slow, flowing body movements.

Meditation (15 minutes): Monday / Wednesday / Friday 10:30-10:45am, Tuesday & Thursday 9:30-9:45am

Join us for a brief meditation class right after one of our other classes. Come for both or just to meditate!

Seated Dance: Thursday 2:00pm

Combining exercises with some of your favorite, upbeat songs. Let's dance!

Seated Tai Chi: Thursday 9:00

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Variety is the spice of life!

Seated Volley Ball: Monday 2:00pm

Seated Volley Ball, is played with a soft balloon.

Stretching: Saturday 10:00am

A wide variety of great and easy stretches that cover the entire body. Standing and seated.

Walking Group: Tuesday & Thursday, and Saturdays 8:30am

Stroll around the Richfield Lake and enjoy nature! During inclement weather, we will be walking the hallways of our enormous building. We meet on the 1st Floor, near the elevators.

Blood Pressure Clinic: Tuesday & Thursday 2:30 - 3:00pm (In the Bistro/Lounge)

CLUB HOURS (Summer)

Monday through Friday 7:30am - 4:00pm

Saturday 8:00 am - 2:00pm

Sunday CLOSED

'Hydration is vital because it keeps electrolytes balanced, blood volume normal, aids in digestion, transportation of nutrients, and kidney functioning. It is recommended that adult men drink about ten cups of water per day (2500 ml), and women should drink roughly eight cups (2000 ml) per day.'



***We're located on the first floor at:
Village Shores Senior Community
6501 Woodlake Drive
Richfield, MN 55423
612-746-4712
theclub@villageshores.com***