
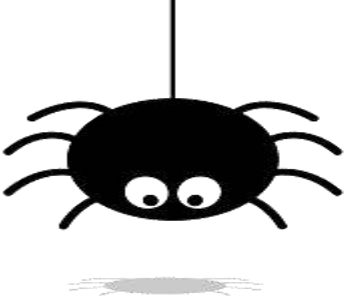
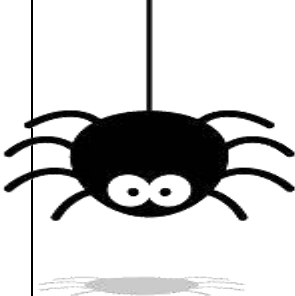
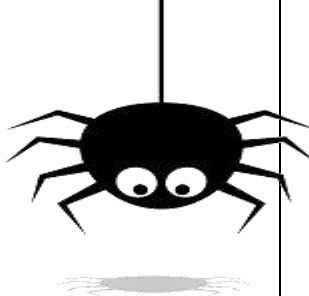
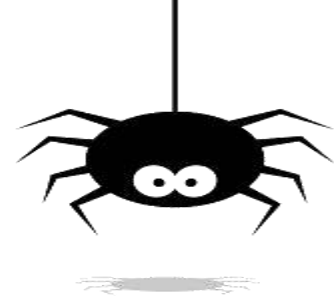


# The Club at Village Shores – October 2022

<b>Sunday</b> <i>Club Closed</i>	<b>Monday</b> 7:30-3:30	<b>Tuesday</b> 7:30-3:30	<b>Wednesday</b> 7:30-3:30	<b>Thursday</b> 7:30-3:30	<b>Friday</b> 7:30-3:30	<b>Saturday</b> <i>Club Closed</i>
2	3 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation	4 8:30 <b>Walking Group</b> 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 <b>Blood Pressure Clinic</b>	5 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	6 8:30 <b>Walking Group</b> 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 <b>Blood Pressure Clinic</b>	7 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	1/8 8:30 <b>Walking Group</b> 10:00 Stretching Video Class
9	10 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 <b>Art For Wellness</b> "Pumpkin Sun Catchers"	11 8:30 <b>Walking Group</b> 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 <b>Blood Pressure Clinic</b>	12 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	13 8:30 <b>Walking Group</b> 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 <b>Blood Pressure Clinic</b>	14 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	15 8:30 <b>Walking Group</b> 10:00 Stretching Video Class
16	17 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 <b>Decorate a Pumpkin</b> (For Contest!)	18 8:30 <b>Walking Group</b> 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 <b>Blood Pressure Clinic</b>	19 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	20 8:30 <b>Walking Group</b> 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 <b>Blood Pressure Clinic</b>	21 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	22 8:30 <b>Walking Group</b> 10:00 Stretching Video Class
23	24 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 <b>Nutrition Talk &amp; Taste</b> "Pumpkins"	25 8:30 <b>Walking Group</b> 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 <b>Blood Pressure Clinic</b>	26 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	27 8:30 <b>Walking Group</b> 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 <b>Blood Pressure Clinic</b>	28 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	29 8:30 <b>Walking Group</b> 10:00 Stretching Video Class
30	31 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation <b>HAPPY HALLOWEEN</b>					  <b>Key</b> Black - Regular Class Blue - Wellness Activity Purple - Resident Led Activity Red - Cancelled



*\*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: Wednesday 10:00 am & Friday 9:00am**

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

### **Chair Yoga: Tuesday 10:00am**

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

### **Meditation (15 minutes): Monday - Friday 10:30am**

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

### **Seated Dance: Thursday 10:00am**

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!

### **Stretching Video: 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 2:00 - 2:30pm (In the Bistro/Lounge)**

## **CLUB HOURS (Fall)**

**Monday through Friday 7:30am - 3:30pm**

**Saturday & Sunday CLOSED**

in case no one has told  
you this today, remember:  
★ YOU HAVE VALUE  
★ YOU DESERVE HAPPINESS  
★ YOU ARE BOO-TIFUL



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