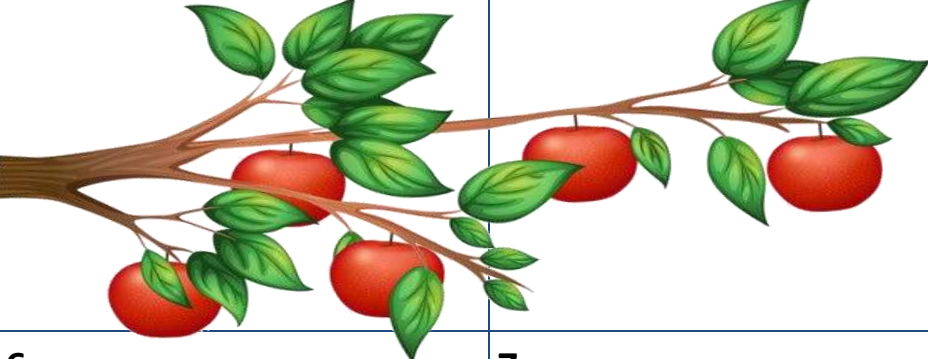



The Club at Village Shores – September 2022

Sunday <i>Club Closed</i>	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 9:00-1:00
	<p>Key <i>Black - Regular Class</i> <i>Blue - Wellness Activity</i> <i>Purple - Resident Led Activity</i> <i>Red - Cancelled</i></p>			<p>1 8:30 Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>2 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation</p>	<p>3 8:30 Walking Group 10:00 Stretching Video Class</p>
4	<p>5 <i>Club Closed</i> <i>No Classes</i> Labor Day</p>	<p>6 8:30 Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>7 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation 1:00 Nutrition Talk & Taste</p>	<p>8 8:30 Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>9 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation</p>	<p>10 8:30 Walking Group 10:00 Stretching Video Class</p>
11	<p>12 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Football Toss</p>	<p>13 8:30 Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>14 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation</p>	<p>15 8:30 Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>16 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation</p>	<p>17 8:30 Walking Group 10:00 Stretching Video Class</p>
18	<p>19 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Football Toss</p>	<p>20 8:30 Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>21 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation</p>	<p>22 8:30 Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>23 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation</p>	<p>24 8:30 Walking Group 10:00 Stretching Video Class</p>
25	<p>26 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Football Toss</p>	<p>27 8:30 Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>28 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation</p>	<p>29 8:30 Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic</p>	<p>30 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation</p>	



**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 (Summer)

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

Saturday 9:00am - 1:00pm

Sunday CLOSED

APPLES

FUN FACTS

Native to central Asia brought to North America by European colonists

Ohio is sixth largest producers of Apples

They provide fiber and vitamin C a large amount of both are found in the skin

There are 7,500 varieties grown throughout the world 2,500 grown in the United States

Grown in all 50 states

The more seeds an apple has the larger it will grow

Bees are necessary for pollination

Part of the rose family

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