


The Club at Village Shores – January 2023

<i>Sunday</i> <i>Club Closed</i>	<i>Monday</i> 7:00AM - 4:00PM	<i>Tuesday</i> 7:00AM - 4:00PM	<i>Wednesday</i> 7:00AM - 4:00PM	<i>Thursday</i> 7:00AM - 4:00PM	<i>Friday</i> 7:00AM - 4:00PM	<i>Saturday</i> <i>Club Closed</i>
1 	2 No Classes Club Closed	3 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit	4 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	5 8:00 Indoor Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit	6 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	7
8	9 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Art For Wellness "Mandalas"	10 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit	11 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	12 8:00 Indoor Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit	13 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	14
15	16 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Art For Wellness "Gnome Painting" M.L.K. Jr. Day	17 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit	18 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	19 8:00 Indoor Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit	20 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	21
22	23 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Art For Wellness "Sticker Art"	24 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit	25 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	26 8:00 Indoor Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit	27 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	28
29	30 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Art For Wellness "Snowflake Suncatchers"	31 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 10:30 Meditation 2:00 Blood Pressure Clinic 2:30 BeFit			<p><i>Key</i> <i>Black - Regular Class</i> <i>Blue - Wellness Activity</i> <i>Purple - Resident Led Activity</i> <i>Red - Cancelled</i></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!

Indoor Walking Group: Tuesdays & Thursdays 8:00am

When the winter months begin, we walk through our enormous hallways. We also add optional stairs and fun standing exercises along the way! We meet in front of the 1st Floor elevators.

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

BeFit: Tuesday & Thursday 2:30pm (In the Club)

BeFit, is a time for guaranteed assistance from our wellness staff, while in the club.

CLUB HOURS

Monday through Friday 7:00am - 4:00pm
Saturday & Sunday CLOSED

8 WAYS TO DEAL WITH SEASONAL DEPRESSION



Exposure to
Sunlight



Balanced Diet



Physical
Exercise



Meditation



Company
of Loved Ones



Vacations



Recreational
Activities



Faith &
Patience