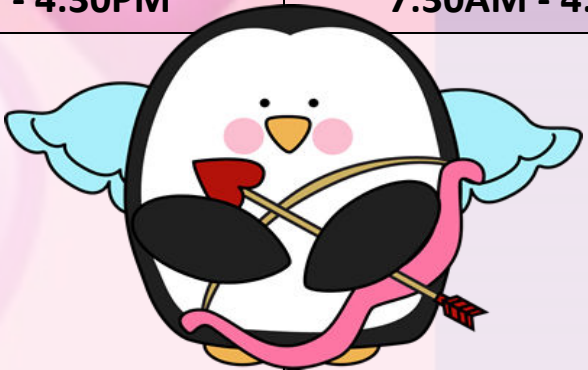
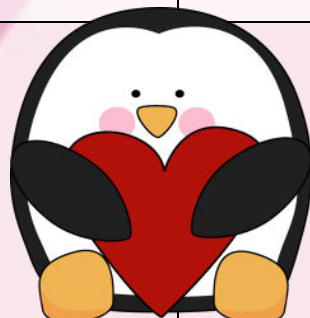


The Club at Village Shores – February 2023

<i>Sunday</i> <i>Club Closed</i>	<i>Monday</i> 7:30AM - 4:30PM	<i>Tuesday</i> 7:30AM - 4:30PM	<i>Wednesday</i> 7:30AM - 4:30PM	<i>Thursday</i> 7:30AM - 4:30PM	<i>Friday</i> 7:00AM - 4:30PM	<i>Saturday</i> <i>Club Closed</i>
			1 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	2 8:00 Indoor Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 2:00 Blood Pressure Clinic 2:30 BeFit	3 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	4
5	6 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Art For Wellness "Cupid Water Color"	7 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 2:00 Blood Pressure Clinic 2:30 BeFit	8 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	9 8:00 Indoor Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 2:00 Blood Pressure Clinic 2:30 BeFit	10 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	11
12	13 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Art For Wellness "Silhouette Button Art "	14 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 2:00 Blood Pressure Clinic 2:30 BeFit Valentines Day	15 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	16 8:00 Indoor Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 2:00 Blood Pressure Clinic 2:30 BeFit	17 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	18
19	20 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Art For Wellness "Mardi Gras Masks" Presidents Day	21 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 2:00 Blood Pressure Clinic 2:30 BeFit	22 9:00 Arthritis Video Class 10:00 Cardio Drumming 10:30 Meditation	23 8:00 Indoor Walking Group 9:00 Seated Tai Chi 10:00 Seated Dance 2:00 Blood Pressure Clinic 2:30 BeFit	24 9:00 Cardio Drumming 10:00 Balance Class 10:30 Meditation	25
26	27 9:00 Arthritis Video Class 10:00 Balance Class 10:30 Meditation 1:00 Art For Wellness "Butterfly Stained Glass"	28 8:00 Indoor Walking Group 9:00 Circuit Training Class 10:00 Chair Yoga 2:00 Blood Pressure Clinic 2:30 BeFit			Key <i>Black - Regular Class</i> <i>Blue - Wellness 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: 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 (45 minutes): Tuesday 10:00am

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

Meditation (15 minutes): Monday/Wednesday/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 7:30am - 4:30pm
Saturday & Sunday CLOSED**



10 ways to improve your heart health

- 1** Balance calories eaten with physical activity. 
- 2** Reach for a variety of fruits and vegetables. 
- 3** Choose whole grains. 
- 4** Include healthy protein sources, mostly plants and seafood. 
- 5** Use liquid non-tropical plant oils. 
- 6** Choose minimally processed foods. 
- 7** Subtract added sugars. 
- 8** Cut down on salt. 
- 9** Limit alcohol. 
- 10** Do all this wherever you eat! 

Need more food for thought? Go to www.heart.org/eatsmart