




The Club at Village Shores – April 2024

<i>Sunday</i> <i>Club Closed</i>	Monday 8:00 AM – 5:00 PM	Tuesday 8:00 AM – 5:00 PM	Wednesday 8:00 AM – 5:00 PM	Thursday 8:00 AM – 5:00 PM	Friday 8:00 AM – 4:00 PM	<i>Saturday</i> 8:30 AM – 12:30 PM
	1 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:30-3:30 BeFit	2 8:00 Community Walk 9:30 Wellness Sample Class In the Dining Room 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	3 8:45 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	4 8:00 Community Walk 9:30 Strength & Stretch 1:00 Better Balance Basics in 4th Floor AR 2:30-3:30 BeFit	5 8:45 Cardio Drumming Video 10:00 Better Balance Basics 10:45 Wellness Moment 4th Floor AR after Bingo! 11:30a-12:30p FUN FRIDAY: Stop by The Club to Play a Wellness Game!	6 9:15 Wellness Games 10:00-11:00am BeFit
7	8 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:30-3:30 BeFit	9 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	10 8:45 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	11 8:00 Community Walk 9:30 Strength & Stretch 1:00 Better Balance Basics in 4th Floor AR 2:30-3:30 BeFit	12 8:45 Cardio Drumming Video 10:00 Better Balance Basics 10:45 Wellness Moment 4th Floor AR after Bingo! 11:30a-12:30p FUN FRIDAY	13 9:15 Joyful Movement 10:00-11:00am BeFit
14	15 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:30-3:30 BeFit	16 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	17 8:45 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk 2:00 Wellness Talk with Ascend Therapy	18 8:00 Community Walk 9:30 Strength & Stretch 1:00 Better Balance Basics in 4th Floor AR 2:30-3:30 BeFit	19 8:45 Cardio Drumming Video 10:00 Better Balance Basics 10:45 Wellness Moment 4th Floor AR after Bingo! 11:30a-12:30p FUN FRIDAY	20 9:15 Wellness Games 10:00-11:00am BeFit
21	22 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:30-3:30 BeFit EARTH DAY! 	23 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	24 8:45 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	25 8:00 Community Walk 9:30 Strength & Stretch 1:00 Better Balance Basics in 4th Floor AR 2:30-3:30 BeFit	26 8:45 Cardio Drumming Video 10:00 Better Balance Basics 10:45 Wellness Moment 4th Floor AR after Bingo! 11:30a-12:30p FUN FRIDAY	27 9:15 Joyful Movement 10:00-11:00am BeFit
28	29 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:30-3:30 BeFit	30 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga		KEY Black - Group Class Blue - Wellness Activity Purple - Resident Led Red - Cancelled/Holiday	NOTE Classes are held in Richfield Room unless noted.	

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

Class Descriptions

Arthritis Foundation Video: Monday 8:45 am or Arthritis In-person Class: Wednesday 10:00 am

Follow along with the Arthritis Foundation on Mondays or with Wellness staff on Wednesdays. Class works to improve flexibility and strength without straining your joints. Mostly seated class.

Better Balance Basics: Monday & Friday 10:00 am & Thursday (in 4th Floor AR) at 1:00 pm

Improve balance with core strengthening, stabilization exercises, mobility training and cognitive challenges. Includes some standing with options to use a chair for support.

Balance Intermediate: Mondays at 10:45 am

This class goes beyond the basics to include more standing exercises, circuits and obstacles. Improve balance with core strengthening, stabilization exercises, mobility training and cognitive challenges.

Strength & Stretch: Tuesday and Thursday 9:30 am

Strengthen and lengthen with a total body workout that incorporates endurance training, resistance training, functional movement patterns and a gentle stretch.

Chair Yoga: Tuesday 1:00 pm

Connect your body, mind and breath with a sequence of slow, flowing body movements. Mostly seated class with some options to stand.

Seated Tai Chi Video: Wednesday 8:45 am

Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. Benefits of Tai Chi include improved circulation, strength and flexibility.

Wellness Walk Wednesday 1:00 pm (Instructor-led) OR

Community Walk Tuesday and Thursday 8:00 am (Resident-led)

Social connections and movement are key ingredients for health and wellness. Meet near the 1st Floor elevators and walk with us indoors or outdoors weather permitting.

Cardio Drumming Video: Friday 8:45 am

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

Joyful Movement or Wellness Games: Alternating Saturdays 9:15 am

Celebrate movement and mindfulness. These classes incorporate cardio, stretching and simple practices or games to elevate your mood. We bet you'll leave with a smile or even laughing!



Juan joined the March Movement Challenge at the Village Shores Club and won a shirt!

If you've been to the Club, chances are you've seen some of our wonderful volunteers in action. Help us thank them during Volunteer Appreciation Week, April 15-19!

We are grateful to Deana M., Helen T., Mac M., Bob R. and Dorothy Q.! They help at the Club with everything from watering plants or covering the desk to blood pressure checks.

WE COULDN'T DO IT WITHOUT YOU!

Contact us if you're interested in joining our team of Club volunteers or if you have any questions about tapping into the many health and wellness resources.



Everyone's smiling at Fun Friday Games! Join us 11:30am—12:30pm for a new game each week in the 1st Floor Lounge. Stop by or stay the entire time.

BeFit & Blood Pressure Checks

Come to the Club. We Help You Through Your Workout & Conduct Blood Pressure Checks

**Mondays 2:30-3:30 pm
Tuesdays 10:00-11:00 am
Thursdays 2:30-3:30 pm
Saturdays 10:00-11:00 am**

The Club, group exercise classes & wellness programs including BeFit are free to Village Shores residents & club members. Call or stop by to schedule an orientation.