


# The Club at Village Shores – MAY 2024

<b>Sunday</b> <i>Club Closed</i>	<b>Monday</b> 8:00 AM – 5:00 PM	<b>Tuesday</b> 8:00 AM – 5:00 PM	<b>Wednesday</b> 8:00 AM – 5:00 PM	<b>Thursday</b> 8:00 AM – 5:00 PM	<b>Friday</b> 8:00 AM – 4:00 PM	<b>Saturday</b> 8:30 AM – 12:30 PM
	<p><b>KEY</b></p> <p><i>Black - Group Class</i>  <i>Blue - Wellness Activity</i>  <i>Green - Resident Led</i>  <i>Red - Cancelled/Holiday</i></p>	<p><b>NOTE</b></p> <p>Classes are held in Richfield Room unless noted.</p>	<p>1            8:45 Seated Tai Chi Video            10:00 Arthritis Class            1:00 Wellness Walk</p>	<p>2            8:00 Community Walk            9:30 Strength &amp; Stretch            1:00 Better Balance Basics in 4th Floor AR            2:30-3:30 BeFit</p>	<p>3            8:45 Cardio Drumming Video            10:00 Better Balance Basics            10:45 Wellness Moment 4th Floor AR after Bingo!            11:30a-12p FUN FRIDAY: Stop by The Club to Play a Wellness Game!            WEAR PURPLE &amp; Win!</p>	<p>4            9:15 Wellness Games            10:00-11:00am BeFit</p>
<p>5</p> 	<p>6            8:45 Arthritis Video            10:00 Better Balance Basics            10:45 Balance Intermediate            2:30-3:30 BeFit</p>	<p>7            8:00 Community Walk            9:30 Wellness Sample Class DR            9:30 Strength &amp; Stretch            10:00-11:00 BeFit            1:00 Chair Yoga</p>	<p>8            8:45 Seated Tai Chi Video            10:00 Arthritis Class            1:00 Wellness Walk</p>	<p>9            8:00 Community Walk            9:30 Strength &amp; Stretch            1:00 Better Balance Basics in 4th Floor AR            2:30-3:30 BeFit</p>	<p>10            8:45 Cardio Drumming Video            10:00 Better Balance Basics            10:45 Wellness Moment 4th Floor AR after Bingo!            11:30a-12p FUN FRIDAY            WEAR PURPLE &amp; Win!</p>	<p>11            9:15 Joyful Movement            10:00-11:00am BeFit</p>
<p>12</p>	<p>13            8:45 Arthritis Video            10:00 Better Balance Basics            10:45 Balance Intermediate            2:30-3:30 BeFit</p>	<p>14            8:00 Community Walk            9:30 Strength &amp; Stretch            10:00-11:00 BeFit            1:00 Chair Yoga</p>	<p>15            8:45 Seated Tai Chi Video            10:00 Arthritis Class            1:00 Wellness Walk</p>	<p>16            8:00 Community Walk            9:30 Strength &amp; Stretch            1:00 Better Balance Basics in 4th Floor AR            2:30-3:30 BeFit</p>	<p>17            8:45 Cardio Drumming Video            10:00 Better Balance Basics            10:45 Wellness Moment 4th Floor AR after Bingo!            11:30a-12p FUN FRIDAY            WEAR PURPLE &amp; Win!</p>	<p>18            9:15 Wellness Games            10:00-11:00am BeFit</p>
<p>19</p>	<p>20            8:45 Arthritis Video            10:00 Better Balance Basics            10:45 Balance Intermediate            2:30-3:30 BeFit</p>	<p>21            8:00 Community Walk            9:30 Strength &amp; Stretch            10:00-11:00 BeFit            1:00 Chair Yoga</p>	<p>22            8:45 Seated Tai Chi Video            10:00 Arthritis Class            1:00 Wellness Walk</p>	<p>23 Community Walk            9:30 Strength &amp; Stretch            1:00 Better Balance Basics in 4th Floor AR            2:30-3:30 BeFit</p>	<p>24            8:45 Cardio Drumming Video            10:00 Better Balance Basics            10:45 Wellness Moment 4th Floor AR after Bingo!            11:30a-12p FUN FRIDAY            WEAR PURPLE &amp; Win!</p>	<p>25  <b>Club Closed</b>  <b>Holiday Weekend</b></p>
<p>26</p>	<p>27  <b>Club Closed</b>  <b>Memorial Day</b></p> 	<p>28            8:00 Community Walk            9:30 Strength &amp; Stretch            10:00-11:00 BeFit            1:00 Chair Yoga</p>	<p>29            8:45 Seated Tai Chi Video            10:00 Arthritis Class            1:00 Wellness Walk</p>	<p>30            8:00 Community Walk            9:30 Strength &amp; Stretch            1:00 Better Balance Basics in 4th Floor AR            2:30-3:30 BeFit</p>	<p>31            8:45 Cardio Drumming Video            10:00 Better Balance Basics            10:45 Wellness Moment 4th Floor AR after Bingo!            11:30a-12p FUN FRIDAY            WEAR PURPLE &amp; Win!</p>	



*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!



## **Wear Purple on Fridays in May for a Chance to Win!**

**We are kicking off our Village Shores team effort to help end Alzheimer's.**

Register each week at the Reception Desk or The Club.

One weekly entry per person | More events coming in June!

We are determined to help end Alzheimer's by raising funds and awareness for the care, support and research efforts of the Alzheimer's Association.

The Longest Day is the day with the most light — the summer solstice. On June 21, thousands of participants from across the world come together to fight the darkness of Alzheimer's through a fundraising activity of their choice. Our team at Village Shores is joining the fight! You can help by making a donation — or even joining our team — today.

We need your help to end this relentless disease. Together, the strength of our light will outshine the darkness of Alzheimer's.

Your kindness and generosity truly make a difference. Visit the website or scan the code below to join the team or donate!

<http://act.alz.org/goto/villageshores>



## **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.