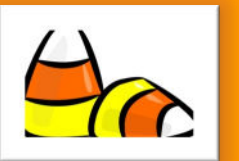




The Club at Village Shores – October 2024



Sunday <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	Saturday 8:30 AM – 12:30 PM
<p>Celebrate Active Aging Week & Win!</p> <p>October 1-8 Come to The Club three times for a class, workout or BeFit and you're automatically entered to win a door prize!</p>		1 8:00 Community Walk 9:30 Wellness Sample Class DR 9:30 No Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	2 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	3 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit	4 9:00 Joyful Movement 10:00 Better Balance Basics	5 9:00 Wellness Games 10:00-11:00 BeFit
	7 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit 2:00 Wellness Talk & Balance Assessment Demonstration with Ascend	8 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	9 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	10 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 2:30-3:30 "Ask the PT" with Holly from Ascend	11 9:00 Refreshments & Information Session With Herself Health: A Women's Health Clinic 9:00 No Joyful Movement 10:00 Better Balance Basics	12 9:00 Wellness Games 10:00-11:00am BeFit
13 	14 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	15 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	16 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	17 8:00 Community Walk 9:30 Strength & Stretch 1:00 Falls Free CheckUp 2:00-3:30 BeFit	18 9:00 No Joyful Movement 10:00 Better Balance Basics	19 9:00 Wellness Games 10:00-11:00 BeFit
20	21 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	22 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	23 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	24 8:00 Community Walk 9:30 Strength & Stretch 1:00 Falls Free CheckUp 2:00-3:30 BeFit	25 9:00 Joyful Movement 10:00 Better Balance Basics	26 9:00 Wellness Games 10:00-11:00 BeFit
27 	28 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 1:00 Wellness Forum: A Monthly Q & A with Tara 2:00-3:30 BeFit	29 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	30 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	31 8:00 Community Walk 9:30 SPOOKY Strength & Stretch 2:00-3:30 BOO! BeFit	KEY <i>Black-Group Class</i> <i>Blue-Wellness Activity</i> <i>Purple-Resident Led</i> <i>Red-Cancelled/Holiday</i>	NOTE Classes & wellness events are held in the 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 with a gentle, joint-friendly workout. Mostly seated class.

Better Balance Basics: Monday & Friday 10:00 am

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

Go beyond the basics with more challenging exercises, circuits and obstacles. The strength, stabilization, mobility and cognitive training can improve balance and increase safety. Mostly standing class.

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 9:00 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. This month let's carry our Olympic torch!

Joyful Movement: Friday 9:00 am







Celebrate movement and mindfulness. This class incorporates cardio, stretching and simple practices to elevate your mood. We bet you'll leave with a smile or even laughing!

Wellness Games Saturday 9:00 am

After a warm up, test your strength, balance, coordination, agility and more with sports and games that improve our functional fitness.

Take Control of Your Health: 6 Steps to Prevent a Fall

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable. Stay safe with these tips!

 <p>1 Find a good balance and exercise program Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.</p>	 <p>2 Talk to your health care provider Ask for an assessment of your risk of falling. Share your history of recent falls.</p>
 <p>3 Regularly review your medications with your doctor or pharmacist Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.</p>	 <p>4 Get your vision and hearing checked annually and update your eyeglasses Your eyes and ears are key to keeping you on your feet.</p>
 <p>5 Keep your home safe Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.</p>	 <p>6 Talk to your family members Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.</p>

To learn more, visit ncoa.org/FallsPrevention.

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Have no fear. The Club is here for YOU!



Strength training is key to falls prevention. Whether the thought of exercise sends a chill down your spine or feels like a treat, we can help you get stronger at The Club.