



The Club at Village Shores – November 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
KEY Black-Group Class Blue-Wellness Activity Purple-Resident Led Red-Cancelled/Holiday	NOTE Classes & wellness events are held in the Richfield Room unless noted.				1 9:00 Joyful Movement 10:00 Better Balance Basics	2 9:00 Light Stretch & Gratitude Meditation 9:00 No Wellness Games 10:00-11:00 BeFit
3 	4 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	5 8:00 Community Walk 9:30 Wellness Sample Class DR 9:30 No Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga 1:30 Gratitude Meditation	6 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	7 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit	8 9:00 Joyful Movement 10:00 Better Balance Basics	9 9:00 Wellness Games 10:00-11:00am BeFit
10	11 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	12 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga 1:30 Gratitude Meditation	13 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	14 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit	15 9:00 Joyful Movement 10:00 Better Balance Basics	16 9:00 Wellness Games 10:00-11:00 BeFit
17	18 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	19 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga 1:30 Gratitude Meditation	20 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	21 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit	22 9:00 Joyful Movement 10:00 Better Balance Basics	23 9:00 Wellness Games 10:00-11:00 BeFit
24	25 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	26 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga 1:30 Gratitude Meditation	27 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	28 Closed for Thanksgiving 	29 HOLIDAY HOURS 8:30 AM - 2:30 PM 9:00 Turkey Trot Wellness Walk Weather Permitting 11:00 Light Stretch & Gratitude Meditation 4th AR	30 9:00 Wellness Games 10:00-11:00 BeFit

**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!

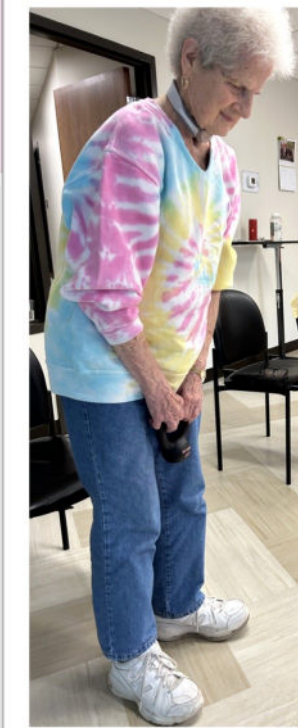
Joyful Movement: Friday 9:00 am

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.

Residents Gain Strength with Circuit Challenges at Intermediate Balance!



Join us at The Club this month for Special Gratitude Meditations and Activities to Benefit your Health & Wellness

5 BENEFITS OF
MEDITATION

