





The Club at Village Shores – December 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
1	2 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 1:00-2:00 Wellness Talk: Navigating Life Transitions & Loss—A Path for Healing 2:00-3:30 BeFit	3 8:00 Community Walk 9:30 Wellness Sample Class DR 9:30 No Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	4 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	5 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections	6 9:00 Joyful Movement 10:00 Better Balance Basics	7 9:00 Wellness Games 10:00-11:00 BeFit
8 	9 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	10 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	11 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk	12 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections	13 9:00 Joyful Movement 10:00 Better Balance Basics	14 9:00 Wellness Games 10:00-11:00am BeFit
15	16 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	17 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga	18 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk 1:30 Sample the Club's Recipe of the Month: Wellness Cookies! 1st FL	19 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections	20 9:00 Joyful Movement 10:00 Better Balance Basics	21 9:00 Wellness Games 10:00-11:00 BeFit Winter Solstice Shine your Light for Alzheimer's
22 	23 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 2:00-3:30 BeFit	24 Holiday Hours 8:00 AM-1:00 PM 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 No Chair Yoga	25 Club Closed for the Holidays	26 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections	27 9:00 Joyful Movement 10:00 Better Balance Basics	28 9:00 Wellness Games 10:00-11:00 BeFit
29	30 8:45 Arthritis Video 10:00 Better Balance Basics 10:45 Balance Intermediate 1:00 Wellness Forum: Q&A "Ask the Trainers!" 2:00-3:30 BeFit	31 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 1:00 Chair Yoga			NOTE Classes & wellness events are held in the Richfield Room unless noted.	KEY <i>Black-Group Class</i> <i>Blue-Wellness Activity</i> <i>Purple-Resident Led</i> <i>Red-Cancelled/ Holiday</i>



*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.

BeFit at The Club We are Here for You

Mondays & Thursdays 2:00-3:30 pm

Tuesdays & Saturdays 10:00-11:00 am

What is BeFit?

BeFit is a dedicated time, first come first served, where a Wellness staff member is in The Club to help you with your workout. We can assist with the weight and cardio machines, answer questions or do a Blood Pressure Check.

SHINE YOUR LIGHT

**Winter Solstice is December 21st
Donate to the Alzheimer's Association
this month & light a luminary to honor
loved ones and bring hope for a cure.**



Information at the Club