

The Club at Village Shores – January 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>NOTE Classes & wellness events are held in the Richfield Room unless noted.</p>	<p>KEY <i>Black-Group Class</i> <i>Blue-Wellness Activity</i> <i>Purple-Resident Led</i> <i>Red-Cancelled/Holiday</i></p>	<p>1 Club Closed for the Holiday </p>	<p>2 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections</p>	<p>3 9:00 Joyful Movement 10:00 Better Balance Basics</p>	<p>4 9:00 Wellness Games 10:00-11:00 BeFit</p>
<p>5 Complementary Encompass Wellness Assessments begin. SIGN UP: call or stop by The Club.</p>	<p>6 9:00 Intermediate Balance 10:00 Better Balance Basics 1:00-1:30 Wellness Talk: All About Assessments 2:00-3:30 BeFit</p>	<p>7 8:00 Community Walk 9:30 Wellness Sample Class DR 9:30 No Strength & Stretch 10:00-11:00 BeFit</p>	<p>8 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation</p>	<p>9 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections</p>	<p>10 9:00 Joyful Movement 10:00 Better Balance Basics</p>	<p>11 9:00 Wellness Games 10:00-11:00am BeFit</p>
<p>12</p>	<p>13 9:00 Intermediate Balance 10:00 Better Balance Basics 2:00-3:30 BeFit</p>	<p>14 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit</p>	<p>15 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk 1:30 Sample Stretches & The Club's Recipe of the Month- 1st FL 2:00 No Yoga/Meditation</p>	<p>16 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections</p>	<p>17 9:00 Joyful Movement 10:00 Better Balance Basics</p>	<p>18 9:00 Wellness Games 10:00-11:00 BeFit</p>
<p>19 </p>	<p>20 9:00 Intermediate Balance 10:00 Better Balance Basics 2:00-3:30 BeFit</p>	<p>21 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit</p>	<p>22 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation</p>	<p>23 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections</p>	<p>24 9:00 Joyful Movement 10:00 Better Balance Basics</p>	<p>25 9:00 Wellness Games 10:00-11:00 BeFit</p>
<p>26</p>	<p>27 9:00 Intermediate Balance 10:00 Better Balance Basics 1:00 Wellness Forum: Q&A With Tara 2:00-3:30 BeFit</p>	<p>28 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit</p>	<p>29 9:00 Seated Tai Chi Video 10:00 Arthritis Class 1:00 Wellness Walk 2:00 Chair Yoga—4th Fl 2:30 Meditation—4th Fl</p>	<p>30 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time: NuSteps Reserved for Reflections</p>	<p>31 9:00 Joyful Movement 10:00 Better Balance Basics</p>	



THE CLUB
AT VILLAGE SHORES

Class & BeFit Descriptions

Arthritis In-person Class: Wednesday 10:00 am

This gentle strength class is joint-friendly, functional training for all, whether or not you have arthritis. 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: NEW TIME Mondays at 9:00 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 at 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: NEW DAY & TIME Wednesday at 2:00 pm A Brief Meditation Follows at 2:30 pm

Connect your body, mind and breath with a sequence of slow, flowing body movements. Mostly seated class with some options to stand. Come to one or both classes. Your body and mind will thank you.

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.

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



WELLNESS TALK

All About Assessments:
Discover the Benefits of Measuring
Our Well-being as We Age

What is an assessment?

Finding Balance

Components of Wellness

Navigating Challenges

Activities of Daily Living

Track Progress

1:00 p.m., Monday, January 6
Richfield Room

Wellness Forum

A Monthly Q&A with Tara & The Wellness Team

1:00-1:30 Last Monday of Each Month

Richfield Room

Bring questions, comments and ideas about The Club & all things wellness. Featured Topic: Neuro Fitness