


# The Club at Village Shores – April 2025

<i>Sunday</i> <i>Club Closed</i>	<i>Monday</i> 8:00 AM – 5:00 PM	<i>Tuesday</i> 8:00 AM – 5:00 PM	<i>Wednesday</i> 8:00 AM – 5:00 PM	<i>Thursday</i> 8:00 AM – 5:00 PM	<i>Friday</i> 8:00 AM – 4:00 PM	<i>Saturday</i> 8:30 AM – 12:30 PM
<b>Parkinson's Awareness Month</b>		<b>1</b> 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	<b>2</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	<b>3</b> 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	<b>4</b> 9:00 Joyful Movement 10:00 Better Balance Basics	<b>5</b> 9:00 Wellness Games 10:00-11:00 BeFit
<b>6</b> Have you placed a bet on which department will win Parkour for Parkinson's?	<b>7</b> 9:00 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	<b>8</b> 8:00 Community Walk 9:30 Wellness Sample Class DR 9:30 No Strength & Stretch 10:00-11:00 BeFit	<b>9</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	<b>10</b> 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	<b>11</b> 9:00 Joyful Movement 10:00 Better Balance Basics	<b>12</b> 9:00 Wellness Games 10:00-11:00am BeFit
<b>13</b> All Parkour for Parkinson's bets support the Parkinson's Foundation.	<b>14</b> 9:00 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	<b>15</b> 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	<b>16</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga Sample Class & Parkour for Parkinson's Fundraising Event DR	<b>17</b> 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	<b>18</b> 9:00 Joyful Movement 10:00 Better Balance Basics	<b>19</b> 9:00 Wellness Games 10:00-11:00 BeFit
<b>20</b> 	<b>21</b> 9:00 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	<b>22</b> 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	<b>23</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	<b>24</b> 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	<b>25</b> 9:00 Joyful Movement 10:00 Better Balance Basics	<b>26</b> 9:00 Wellness Games 10:00-11:00 BeFit
<b>27</b>	<b>28</b> 9:00 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	<b>29</b> 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	<b>30</b> 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation		<b>KEY</b> Black-Group Class Blue-Wellness Activity Purple-Resident Led Red-Cancelled/Holiday	<b>NOTE</b> Classes & wellness events are held in the Richfield Room unless noted.

*Group Exercise Classes are held in the  
Richfield Room (1st floor)  
unless noted on the calendar*

## **Group Exercise Class Descriptions**

### **Move with Ease**

Reduce stiffness, improve mobility and strengthen muscles around the joints so you can move with ease. This mostly seated class is designed to support those with Arthritis but is beneficial for all!

### **Better Balance Basics**

Improve balance, stability and coordination through a series of gentle exercises and drills so you can move with confidence and stay steady on your feet. Includes some standing with options to use a chair for support.

**Balance Intermediate** Take your balance training to another level. This class offers more challenging drills and exercises. It is most appropriate for people who are comfortable being away from their chair or walker.

**Strength & Stretch** Strengthen and lengthen with a total body workout that incorporates endurance training, resistance training, functional movement patterns and a gentle stretch.

### **Chair Yoga followed by A Brief Meditation**

Connect your body, mind and breath with a sequence of slow, flowing body movements. This gentle yoga practice improves strength, flexibility and balance. It is a mostly seated class with some options to stand. A brief meditation follows. Come to one or both classes. Your body and mind will thank you.

### **Seated Tai Chi Video**

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 (Instructor-led) OR Community Walk (Resident-led)**

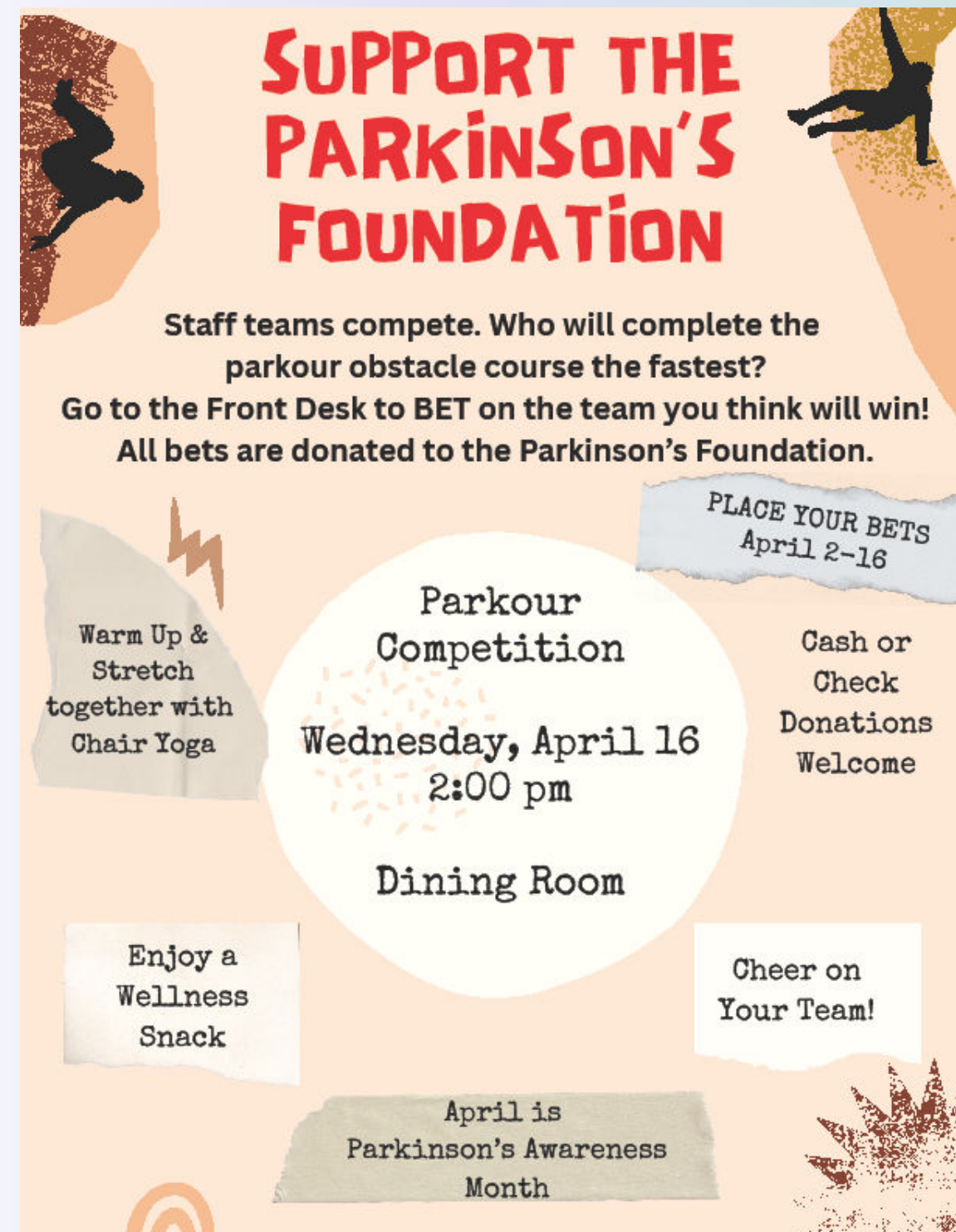
Social connections and movement are key ingredients for health and wellness. Meet near the 1st Floor elevators and walk with us indoors or outdoors weather permitting.

### **Joyful Movement**

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**

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



**SUPPORT THE  
PARKINSON'S  
FOUNDATION**

Staff teams compete. Who will complete the parkour obstacle course the fastest?  
Go to the Front Desk to BET on the team you think will win!  
All bets are donated to the Parkinson's Foundation.

PLACE YOUR BETS  
April 2-16

Warm Up & Stretch together with Chair Yoga

Parkour Competition  
Wednesday, April 16  
2:00 pm  
Dining Room

Cash or Check Donations Welcome

Cheer on Your Team!

Enjoy a Wellness Snack

April is Parkinson's Awareness Month

## **Come to the Club for BeFit!**

**We help you through a personalized workout and conduct blood pressure checks. We can also answer questions or schedule your complementary annual wellness assessment or your free orientation to The Club at Village Shores. BeFit times and Club hours are listed on the calendar.**