

The Club at Village Shores – May 2025

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
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>	Move Today for a Better Tomorrow with Wellness May 1-28	Visit the Club or Attend Class 4 Times Each Week and Enter to WIN!	1 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	2 9:00 Joyful Movement 10:00 Better Balance Basics	3 9:00 Wellness Games 10:00-11:00 BeFit
 Gnome Scavenger Hunt Week!	5 9:20 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	6 8:00 Community Walk 9:30 Wellness Sample Class DR 9:30 No Strength & Stretch 10:00-11:00 BeFit	7 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	8 8:00 Community Walk 10:00 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	9 9:00 Joyful Movement 10:00 Better Balance Basics	10 9:00 Wellness Games 10:00-11:00am BeFit
11 	12 9:20 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	13 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	14 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	15 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	16 9:00 Joyful Movement 10:00 Better Balance Basics	17 9:00 Wellness Games 10:00-11:00 BeFit
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25	26 Memorial Day Club Closed 	27 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	28 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation National Senior Health & Fitness Day Prize Drawing	29 8:00 Community Walk 9:30 Strength & Stretch 2:00-3:30 BeFit 3:30-4:30 Step in Time (NuSteps Reserved for Reflections)	30 9:00 Joyful Movement 10:00 Better Balance Basics	31 9:00 Wellness Games 10:00-11:00 BeFit



*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.



Join Team Village Shores to help end Alzheimer's!

Find our team online using the link below or look for details and Longest Day activities at Village Shores in May.

<http://act.alz.org/goto/villageshores>

We are determined to help end Alzheimer's by raising funds and awareness for the care, support and research efforts of the Alzheimer's Association.

The Longest Day is the day with the most light — the summer solstice. On June 20th, thousands of participants from across the world come together to fight the darkness of Alzheimer's through a fundraising activity of their choice. Our team at Village Shores is joining the fight! You can help by making a donation or even joining our team and fundraising by asking family and friends for support.

Your kindness and generosity truly make a difference in the fight against Alzheimer's.

Together, the strength of our light will outshine the darkness of Alzheimer's.

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.