

The Club at Village Shores – June 2025

<i>Sunday</i> <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	<i>Saturday</i> <i>8:30 AM – 12:30 PM</i>
1	2 9:20 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit	3 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	4 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	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 9:20 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit LONGEST DAY PIE BETS OPEN!	10 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit	11 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	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 9:20 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit LONGEST DAY GNOME HUNT & RAFFLE TICKET SALES BEGIN	17 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 2:00-3:30 LONGEST DAY CARNIVAL 3rd Fl Garden Café & Patio	18 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation LONGEST DAY DINNER BUFFET DR Percentage of sales support Longest Day	19 LONGEST DAY NuStep-a-Thon 8:30-4:30 1st Floor Lounge 8:00 Community Walk 9:30 Strength & Stretch 1st Fl Lounge 2:00-3:30 BeFit	20 9:00 Joyful Movement 10:00 Better Balance Basics 2:00 LONGEST DAY PIE PARTY & RAFFLE DRAWING DR	21 9:00 Wellness Games 10:00-11:00 BeFit 
22 	23 9:20 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit Drink your H2O! Pick Up Hydration Tips at The Club	24 8:00 Community Walk 9:30 Strength & Stretch 10:00-11:00 BeFit 2:00 Wellness Recipe	25 9:00 Seated Tai Chi Video 10:00 Move with Ease 1:00 Wellness Walk 2:00 Chair Yoga 2:30 Meditation	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 9:20 Balance Intermediate 10:00 Better Balance Basics 12:00-12:30 Chair Volleyball 2:00-3:30 BeFit				KEY <i>Black-Group Class</i> <i>Blue-Wellness Activity</i> <i>Purple-Resident Led</i> <i>Red-Cancelled/Holiday</i>	NOTE 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.



JUMP ONLINE to

JOIN TEAM VILLAGE SHORES or DONATE!

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 20, 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 — today.

We need your help to end this relentless disease. Together, the strength of our light will outshine the darkness of Alzheimer's.

Your kindness and generosity truly make a difference. Visit the website or scan the code below to join the team or donate!

Donate or show your support at an activity including a full summer solstice week of LONGEST DAY events June 16-20.

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



Longest Day Events put the FUN into FUNdraising!

- ⇒ Ready to wager on who gets a pie in the face?
- ⇒ Calling all residents, family & staff! Let's step up our support for 8 hours straight at our Longest Day NuStep-a-thon on Thursday, June 19. Sign up for a timeslot at The Club.
- ⇒ Test your skills or meet a goat at our Longest Day Carnival!
- ⇒ RAFFLE and more!