

Summer Calendar

Calendar of *events*

July & August



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10am	SilverSneakers Strength & Balance	Walking Club		SilverSneakers Strength & Balance	
11am					
12pm			DIY Craft <small>*Supply fee for non-members</small>		Tai Chi
1pm	Book Club <small>*Last Monday of each month</small>				Film Society
2pm		SilverSneakers Strength & Balance	Chair Yoga		
3pm		Ice Cream Social <small>*Fee for non-members</small>			

*Schedule subject to change

Get Healthy By Design!
Become an Active Lifestyle
Member for just \$39 a month!



Senior Community
WITHOUT WALLS

“Hello Friend”
Brunch & Learn

When: The 3rd Thursday of every month
Time: 11:30am

Special guest presentations start at 12:15pm



Activities

July & August



SilverSneakers

Strength & Balance

This class is designed to help you become stronger and improve balance. The movements taught in class focus on specific exercises to improve strength and power over all. Strength & Balance class is designed for fall prevention and is suitable for nearly every fitness level.

Chair Yoga

Chair Yoga is one of the gentlest forms of yoga available. Participants perform postures and breathing exercises with the aid of a chair.

Members can experience the many benefits of yoga without having to get up or down from the floor.

Benefits include increased balance, strength, range of motion, and stress reduction.

Film Society

Members can enjoy watching screenings of films which would otherwise not be shown in mainstream cinemas while in company of other members!

Refreshments & Popcorn provided.

Tai Chi

Tai chi is a series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements- connecting the mind and body.

Book Club

"Reading gives us some place to go when we have to stay where we are."

Join us the last Monday of each month as we discuss a wide variety of different novels.

DIY Craft

You don't need to be an artist to do these simple "Do-It Yourself" pre-planned craft projects. RSVP required. Supply Fee for non-members.

Ice Cream Social

Who doesn't love an ice cream sundae. All you can eat ice cream bar!

Non-Members \$2

Walking Club

Want some company? Group will walk both indoor and outdoor depending on weather. Participate in competitions and earn achievements for your progress!