

JUNE






EAAA Wellness Week at a Glance

MON	TUE	WED	THU	FRI
	Senior Strength 8-8:45am		Senior Strength 8-8:45am	
 ENHANCE FITNESS 8:45-9:45am	Senior Strength 9-9:45am	 ENHANCE FITNESS 8:45-9:45am	Senior Strength 9-9:45am	 ENHANCE FITNESS 8:45-9:45am
Arthritis Foundation Exercise Program at 10am 	 Simple Yoga 10-11am	Arthritis Foundation Exercise Program at 10am 	Line Dancing Beginner 10-11am Improver 11am-12pm and introducing...	Arthritis Foundation Exercise Program at 10am 
Tai Chi 3 at 11:00am	Intro to Tai Chi at 11:15am	Tai Chi 3 at 11:00am		Tai Chi 3 at 11:00am
 HEALTHY STEPS FOR OLDER ADULTS June 3rd & 5th at 12:30 FREE!		 Line Dancing on SATURDAYS! Join us 9:30-11:30am every Saturday in June. Fee of \$20 includes one hour of class for 5 Saturdays. \$30 for two hours for 5 Saturdays. Full payment due upon registration, before 5/29.		

REMINDER: Please enter the Annex classroom thru the sliding doors in the mall. We also ask that you CARRY your exercise shoes with you to class if it is wet outside.



Important Dates:

-  June 3rd & 5th, 12:30-4:30pm: Healthy Steps for Older Adults program
-  June 12th, 1-4:30pm: CPR/AED class. Call for options and details!
-  June 12th & 26th: Tai Chi 3 meets offsite. Call 941-2865 for locations.
-  June 18th, 5-7pm: FREE Medicare 101 at the Annex.
-  June 19th: classes cancelled for All Staff Retreat



Based on scientific research and input from older adults, EnhanceFitness® combines strength training, flexibility, and cardiovascular conditioning. All to GREAT music! With Erin Coltvet

\$3 per class **8:45-9:45am**
M/W/F

Tai Chi

Dr. Lam's Tai Chi for Arthritis will improve balance, concentration and coordination. We will warm-up, perform basic movements seated or standing, and cool down.

Introduction to Tai Chi

Tuesdays (thru 6/25) at 11:15am

Tai Chi 3

6 weeks for \$50 or \$5 drop-in

Mon, Wed & Fri at 11am

PUNCHCARDS available:

- 18 Fitness Classes for \$50
 - 12 Fitness Classes for \$35
- Line Dancing, Simple Yoga and Tai Chi classes not included. Use within 90 days.



Arthritis Foundation® **Exercise Program**

Join this gentle program to build strength, endurance, and range of motion, and finish with flexibility and relaxation techniques. With Erin & Lori

\$3 per class
M/W/F 10-10:50am

Simple Yoga

Enjoy the benefits of traditional yoga without getting on the floor. Dress comfortably for this seated and standing yoga program.



Tuesdays 10-11am \$5

Line Dancing

A great way to combine fitness and fun for both the body and brain. Features several different music styles. Are you brand new? Not sure if you can follow? You won't know until you try! You could also consider signing up for a future Introductory Class.

First Hour \$4 or 2 hours \$6
Thursdays starting at 10am
and NOW...

SATURDAYS!!!

For the month of June, join us 9:30-11:30am to Line Dance. Full payment required at registration. Fee of \$20 includes one hour for all five Saturdays. Stay for 2 hours for \$30. Register by May 29th.

Senior Strength

Using bodyweight, dumbbells, bands, and/or ankle weights to:

- Improve balance & coordination
- Build strength
- Reduce risk of falling



With Lori Diadone
\$3 per class

Tues & Thurs 8-8:45am
& 9-9:45am

HEALTHY STEPS FOR OLDER ADULTS

This NEW program is designed to raise awareness of falls, introduce steps on how to reduce falls, improve overall health, and provide referrals and resources. Topics include:

- Environmental safety
- Balance, strength, flexibility, and endurance exercises
- Nutrition
- Foot health
- Side effects of medication
- Health status/disease states
- The need to maintain an active lifestyle
- Social connectedness
- Mental and spiritual well-being

The program consists of (2) half-day workshops, held within the same week.

FREE to attend. Meets Monday 6/3 & Wednesday 6/5 at 12:30pm



Fitness classes such as Senior Strength, EnhanceFitness, Arthritis Foundation Exercise Program, and Simple Yoga are open for you to start anytime. **Just show up a few minutes early to complete a registration form and you are good to go!**