

New England Village  
Enrichment Programs

# JULY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>*Yoga for All Abilities</b> 9:00--10:00am Water Aerobics/Open Swim 10:30-11:30am
2	3 <b>RELAXATION</b> 4:30-5PM <b>*Fit and Tone</b> 5:30-6:30pm <b>WALKING CLUB</b> 6:00-6:45PM	4 Independence Day 	5 <b>WATER AEROBICS/OPEN SWIM</b> 4:30-5:30pm <b>Adaptive Softball Practice</b> 6:30-7:30pm <small>*on the lawn of the Red Cape</small>	6	7	8 Water Aerobics/Open Swim 10:30-11:30am
9	10 <b>RELAXATION</b> 4:30-5PM <b>*Fit and Tone</b> 5:30-6:30pm <b>WALKING CLUB</b> 6:00-6:45PM	11 <b>Canvaspalooza</b> 4:30-5:30pm <small>*See flyer for details</small>	12 <b>WATER AEROBICS/OPEN SWIM</b> 4:30-5:30pm	13 <b>*H2O Joints in Motion</b> 5:30-6:30pm	14 <b>MOVE AND GROOVE</b> 6-7PM NEV=Free Guests =\$5	15  <b>*Yoga for All Abilities</b> 8:30--9:30am Water Aerobics/Open Swim 10:30-11:30am
16	17 <b>RELAXATION</b> 4:30-5PM <b>*Fit and Tone</b> 5:30-6:30pm <b>WALKING CLUB</b> 6:00-6:45PM	18 <b>Stone Art</b> 5:00-6:00pm <small>*preregistration required</small> <b>Aktion Club/Kiwanis Cookout</b> 6pm @ SWC <small>*Open to all Aktion Club Members</small>	19 <b>WATER AEROBICS/OPEN SWIM</b> 4:30-5:30pm <b>Adaptive Softball Practice</b> 6:30-7:30pm <small>*on the lawn of the Red Cape</small>	20  <b>Pool Noodle Races</b> 4:30-5:30pm <b>*H2O Joints in Motion</b> 5:30-6:30pm	21  <b>Campfire Sing-a-long</b> 6:30-8:00pm NEV= Free Guests = \$5	22 <b>*Yoga for All Abilities</b> 8:30--9:30am <b>Dog Therapy Visit</b> 10-11:30am Water Aerobics/Open Swim 10:30-11:30am
23	24 <b>RELAXATION</b> 4:30-5PM <b>*Fit and Tone</b> 5:30-6:30pm <b>WALKING CLUB</b> 6:00-6:45PM	25 <b>Open Art Studio</b> 4:30-5:30pm "Environmental Art"	26 <b>WATER AEROBICS/OPEN SWIM</b> 4:30-5:30pm	27  <b>Pool Scavenger Hunt</b> 4:30-5:30pm <b>*H2O Joints in Motion</b> 5:30-6:30pm <b>Outdoor Concert w/MAI Band</b> 6:30-8:00pm NEV= \$3 Guests = \$5	28	29 <b>*Yoga for All Abilities</b> 8:30--9:30am Water Aerobics/Open Swim 10:30-11:30am
30	31 <b>RELAXATION</b> 4:30-5PM <b>*Fit and Tone</b> 5:30-6:30pm <b>WALKING CLUB</b> 6:00-6:45PM <b>DRUM CIRCLE</b> 6:30-7:30PM NEV Free Guests \$5			For more information: Ginger x204 Kim x208 Melanie x207 Sean x212 Patrick x202		

# Fitness Offerings



<p><b><u>Mondays</u></b> Check calendar for dates</p>	<p><b><u>Relaxation</u></b> 4:30-5:00pm</p>	Open to residents and staff. Guided imagery, soothing music and proper breathing techniques are reinforced during this 30 minute session. Great for anyone looking to unwind and re-energize for the week ahead.
	<p><b><u>*Fit N Tone</u></b> 5:30-6:30pm</p>	Open to staff, residents and the general public. Donna Clifford, AFAA certified Group Instructor will take you through intervals of cardio and strength exercises for a full body workout to kick off your work week on the right foot. Must preregister with Kim Lowman.
	<p><b><u>Walking Club</u></b> 6:00pm-6:45pm</p>	Open to staff, residents and the general public. Lace up your sneakers and meet Kim at the SWC – rain or shine. We will take outdoor guided walks (weather permitting) to explore the sights and sounds of summer and watch it unfold weekly.
<p><b><u>Saturdays</u></b> Check calendar for dates and times</p>	<p><b><u>*Gentle Yoga for All Abilities</u></b> 8:30-9:30am</p>	New summer session = new start time! The perfect way to start your weekend. This class will awaken your senses as you move through simple yoga poses and breathing exercises. Perfect for beginners or those with experience.

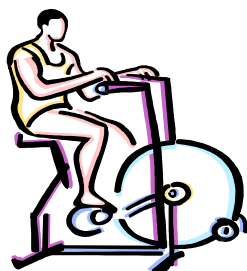
# Swim Offerings



<p><b><u>Wednesdays and Saturdays</u></b></p>	<p><b><u>Open Swim/ Water Aerobics</u></b> 4:30-5:30pm or 10:30-11:30am</p>	Open to all staff, residents and pre-registered community members. Instructor led class that consists of water walking, warm ups, strength training with water weights and cool down stretches. Those who prefer an open swim format can enjoy lap swimming or explore a variety of pool games.
<p><b><u>Thursdays</u></b></p>	<p><b><u>*Joints in Motion</u></b> 5:30-6:30pm</p>	*Open to residents, staff and the general public (must preregister with Patrick Raymond at x202). This low impact water walking class, taught by certified instructor Emily Campbell, is easy on the joints while providing a great cardio workout. A great class for anyone dealing with arthritis.

**\*Residents and staff are welcome at all swim opportunities but should preregister for classes noted with an asterix\*.**

# Strength and Cardio Room



The strength and cardio room may be used by residents and staff who have completed an equipment orientation. **Residents must be accompanied by staff.** The strength/cardio room is open when not in use by building programs (see schedule on cardio room door for details). SWC hours of operation are posted on the NEVweb and on the front door of the SWC building. Wellness Program Manager Kim Lowman is available for equipment orientations by appointment only.

Please call x208 to schedule a time.

*Note: All staff are required to complete an orientation prior to using the strength/cardio room with either a resident or for personal use.*

# New Staff Wellness Offerings



**Rise and Shine—the No Sweat Workout!** – Wednesday mornings 7:30-8:15am. Start your day off with simple mat exercises perfect for toning arms, legs and core, followed by stretching and a 5 minute relaxation session to get you ready for the day. We'll even give you a cup of coffee on your way out the door!

**Lunch Break Walks** - Mon-Wed-Fri 12-12:30pm or 12:30-1pm. Join us for a mid day walk to energize yourself for a more productive work day.

**Lunch Break Laps** – Thursdays and Fridays 12-1pm at the SWC Pool.