

# OCTOBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 <b>South Shore Conservatory Student Recital</b> 2pm RAH All are welcome!</p> <p>Bowling 6-7:30pm AKL</p>	<p>2 <b>RENEW AND RESTORE</b> 4:30-5pm <b>*Fit and Tone</b> 5:30-6:30pm <b>MONDAY FUN-DAY GAMES</b> 6:15-7:00pm</p>	<p>3 <b>Senior Sports Practice</b> 4:30-5:30pm <b>Aktion Club Meeting</b> 6pm Venus 3 Restaurant *bring \$5 for pizza <b>AQUA ZUMBA</b> 5:30-6:30pm</p>	<p>4 <b>WATER AEROBICS/OPEN SWIM</b> 4:30-5:30pm</p>	<p>5 <b>JOINTS IN MOTION</b> 5:30-6:30pm</p>	<p>6</p>	<p>7 <b>*Yoga for All Abilities</b> 9:00-10:00am <b>WATER AEROBICS/OPEN SWIM</b> 10:30-11:30am</p>
<p>8</p> <p>Bowling 6-7:30pm AKL</p>	<p>9 <b>Columbus Day</b> </p>	<p>10 <b>Senior Sports Practice</b> 4:30-5:30pm <b>AQUA ZUMBA</b> 5:30-6:30pm</p>	<p>11 <b>Paint Night</b> 6:00pm-7:30pm <b>WATER AEROBICS/OPEN SWIM</b> 4:30-5:30pm</p>	<p>12 <b>JOINTS IN MOTION</b> 5:30-6:30pm</p>	<p>13 <b>Move and Groove</b> 6-7pm NEV = Free Guests = \$5</p>	<p>14 <b>Fall Into Healthy Living Wellness Fair</b> 11am-2pm See flyer for details</p> <p><b>NEW</b></p>
<p>15</p> <p>Bowling 6-7:30pm AKL</p>	<p>16 <b>RENEW AND RESTORE</b> 4:30-5pm <b>*Fit and Tone</b> 5:30-6:30pm <b>MONDAY FUN-DAY GAMES</b> 6:15-7:00pm</p>	<p>17 <b>Senior Sports Practice</b> 4:30-5:30pm <b>Aktion Club Open House</b> 6pm Ray Assembly Hall <b>AQUA ZUMBA</b> 5:30-6:30pm</p>	<p>18 <b>WATER AEROBICS/OPEN SWIM</b> 4:30-5:30pm</p>	<p>19 <b>Pasta Party for Sr. Classics Athletes</b> 5:30pm <b>JOINTS IN MOTION</b> 5:30-6:30pm</p>	<p>20 <b>GO TEAM</b> <b>Sr. Classics Departure</b> Pep Rally in RAH 1:00pm-1:30pm</p>	<p>21 <b>Sr. Classics Event</b> Barnstable High School 9am-3pm <b>*Yoga for All Abilities</b> 9:00-10:00am <b>WATER AEROBICS/OPEN SWIM</b> 10:30-11:30am</p>
<p>22</p> <p>Bowling 6-7:30pm AKL</p>	<p>23 <b>RENEW AND RESTORE</b> 4:30-5pm <b>*Fit and Tone</b> 5:30-6:30pm <b>MONDAY FUN-DAY GAMES</b> 6:15-7:00pm</p>	<p>24</p>	<p>25 <b>WATER AEROBICS/OPEN SWIM</b> 4:30-5:30pm</p>	<p>26 <b>JOINTS IN MOTION</b> 5:30-6:30pm</p>	<p>27 <b>By Invitation Only Halloween Party</b> 6:30-8:30pm RAH </p>	<p>28 <b>*Yoga for All Abilities</b> 9:00-10:00am <b>Dog Therapy Visit</b> 10-11:30am <b>WATER AEROBICS/OPEN SWIM</b> 10:30-11:30am</p>
<p>29</p> <p>Bowling 6-7:30pm AKL</p>	<p>30 <b>RENEW AND RESTORE</b> 4:30-5pm <b>*Fit and Tone</b> 5:30-6:30pm <b>Monster Mash Sing-along with Sean Carr</b> 6:30-7:30pm</p>	<p>31 <b>Happy Halloween!</b>  <b>Open Art Studio</b> 4:30-5:30pm Haunted Happenings Magical Results</p>	<p>For more information contact Ginger x204 Patrick x202 Melanie x207 Kim x208 Sean x212 Aaron x200</p>	<p>* RAH = Ray Assembly Hall</p>		

# Fitness Offerings



<p><b><u>Mondays</u></b> Check calendar for dates</p>	<p><b><u>Renew and Restore</u></b> 4:30-5:00pm</p>	<p>Guided imagery, soothing music and proper breathing techniques are reinforced during this 30 minute self led session. Great for anyone looking to unwind and re-energize for the week ahead.</p>
	<p><b><u>*Fit N Tone</u></b> 5:30-6:30pm</p>	<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>
	<p><b><u>Monday Fun-day Games</u></b> 6:15-7:00pm</p>	<p>Let's take advantage of the nice weather and enjoy some of our favorite outdoor games like bocce, cornhole/bean bag toss, croquet, basketball and scavenger hunts.</p>
<p><b><u>Saturdays</u></b> Check calendar for dates and times</p>	<p><b><u>*Gentle Yoga for All Abilities</u></b> 9:00-10:00am</p>	<p>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.</p>

# 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>	<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>
<p><b><u>Tuesdays</u></b></p>	<p><b><u>*Aqua Zumba</u></b> 5:30-6:30pm</p>	<p>Open to residents, staff and the general public (must preregister with Patrick Raymond at x202). Join instructor Deb Rafferty in the pool and enjoy a workout that includes great music and high energy. Everyone has fun in this fast paced class!</p>
<p><b><u>Thursdays</u></b></p>	<p><b><u>*Joints in Motion</u></b> 5:30-6:30pm</p>	<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.</p>

\*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.*

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