

January 2018

New England Village Enrichment Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>* = pre-registration required. Limited # of spaces available for staff wellness and resident participation. AKL = Alley Kat Lanes RAH = Ray Assembly Hall</p>	1	2	3	4	5	6
		<p>Aktion Club Meeting/Holiday Party 6pm Venus 3 Restaurant *bring \$5 for pizza</p>	<p><u>WATER AEROBICS/OPEN SWIM</u> 4:30-5:30pm</p> <p><i>Acting Workshop</i> 6:30pm RAH</p>	<p>Special Olympics <u>Unified Basketball Practice</u> 7:00-8:00pm @ Pembroke Community Ctr</p>		<p><u>Dog Therapy Visit</u> 10-11:30am</p> <p><u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
7	8	9	10	11	12	13
	<p>Renew and Restore 4:30-5pm</p> <p><i>Acting Workshop</i> 6:30pm RAH</p>		<p><u>WATER AEROBICS/OPEN SWIM</u> 4:30-5:30pm</p> <p><i>Acting Workshop</i> 6:30pm RAH</p>	<p>Special Olympics <u>Unified Basketball Practice</u> 7:00-8:00pm @ Pembroke Community Ctr</p>		<p><u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
14	15	16	17	18	19	20
	<p>Martian Luther King Day</p> 	<p><u>Craft With Meg Bean</u> 4:30pm</p> <p>Aktion Club Meeting 6pm Ray Assembly Hall</p>	<p><u>WATER AEROBICS/OPEN SWIM</u> 4:30-5:30pm</p> <p><i>Acting Workshop</i> 6:30pm RAH</p>	<p>Special Olympics <u>Unified Basketball Practice</u> 7:00-8:00pm @ Pembroke Community Ctr</p>		<p><u>Dog Therapy Visit</u> 10-11:30am</p> <p><u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
21	22	23	24	25	26	27
	<p>Renew and Restore 4:30-5pm</p> <p><i>*Fit and Tone</i> 5:30-6:30pm</p> <p><i>Acting Workshop</i> 6:30pm RAH</p>	<p>American Red Cross Blood Drive 2:00pm</p> 	<p><u>WATER AEROBICS/OPEN SWIM</u> 4:30-5:30pm</p> <p>Essential Oils Workshop 6:00pm</p> <p><i>Acting Workshop</i> 6:30pm RAH</p>	<p>Special Olympics <u>Unified Basketball Practice</u> 7:00-8:00pm @ Pembroke Community Ctr</p> <p>Memory Café 12:00pm</p>		<p><u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
28	29	30	31			
	<p>Renew and Restore 4:30-5pm</p> <p><i>*Fit and Tone</i> 5:30-6:30pm</p> <p><i>Acting Workshop</i> 6:30pm RAH</p>	<p>Open Art Studio 4:30pm FREE</p>	<p><u>WATER AEROBICS/OPEN SWIM</u> 4:30-5:30pm</p> <p><i>Acting Workshop</i> 6:30pm RAH</p>			<p><u>For more information:</u> Aaron x200 Patrick x202 Ginger x204 Melanie x207 Kim x208 Sean x212</p>

Fitness Offerings



<u>Mondays</u> Check calendar for dates	<u>Stretch Yoga</u> 4:45-5:30pm	A blend of simple yoga poses and stretches. Learn the stretches in class then take them home to do daily and you will see a big improvement in your flexibility and balance. Wear comfortable stretchy clothes for best results.
	* <u>Fit N Tone</u> 5:30-6:30pm	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.
<u>Saturdays</u> Check calendar for dates and times	* <u>Gentle Yoga for All Abilities</u> 9:00-10:00am	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.

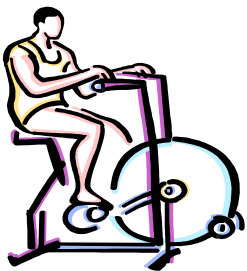
Swim Offerings



<u>Mondays</u> Check calendar for dates and times	<u>Making Waves</u> 5:30-6:30pm	Open to all staff, residents and the general public (must pre-register with Patrick Raymond at x202). Led by certified aquatic instructor Sean Carr this class blends low impact cardio with muscle conditioning using your own body, pool noodles and aquatic dumbbells. Perfect for beginner s.
<u>Tuesdays</u> Check calendar for dates and times	* <u>Aqua Zumba</u> 5:30-6:30pm	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!
<u>Wednesdays</u> and <u>Saturdays</u>	<u>Open Swim/ Water Aerobics</u> 4:30-5:30pm or 10:30-11:30am	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.
<u>Thursdays</u> Check calendar for dates and times	<u>H2O Joints in Motion</u> 5:30-6:30pm	*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.

Staff Wellness Offerings

Core N' More– Wednesday evenings 5:15-6pm. This gentle pilates class will strengthen and flatten your abs while creating long lean muscles. Add in some basic stretches and barre balances and you will be in great shape for the holidays. 5 minutes of relaxation finishes up the class leaving you stress free during this busy time of year.

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