







DECEMBER 2017

New England Village
Enrichment Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>For more information:</u> Aaron x200 Patrick x202 Ginger x204 Melanie x207 Kim x208 Sean x212</p>	<p>* = pre-registration required. Limited # of spaces available for staff wellness and resident participation. AKL = Alley Kat Lanes RAH = Ray Assembly Hall</p>				<p>1 Movie Night "Willy Wonka and the Chocolate Factory" 6:30pm \$2.00 Ray Assembly Hall</p>	<p>2 *Yoga for All Abilities 9:00-10:00am <u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
<p>3 Last Night of Fall Bowling 6:00pm AKL</p>	<p>4 Renew and Restore 4:30-5pm *Fit and Tone 5:30pm</p>	<p>5 *AQUA ZUMBA 5:30-6:30pm Aktion Club Meeting/Holiday Party 6pm Venus 3 Restaurant *bring \$5 for pizza</p>	<p>6 <u>WATER AEROBICS/OPEN SWIM</u> 4:30-5:30pm Holiday Craft Workshop 6:00-7:30pm *pre-registration required</p>	<p>7 Special Olympics Unified Basketball Practice 7:00-8:00pm @ Pembroke Community Ctr</p>	<p>8 Move and Groove 6-7pm NEV = Free Guests = \$5</p> 	<p>9 *Yoga for All Abilities 9:00-10:00am Dog Therapy Visit 10-11:30am <u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
<p>10 Holiday Singalong and Tree Decorating w/Pembroke Girl Scouts 6pm RAH</p>	<p>11 Renew and Restore 4:30-5pm *Fit and Tone 5:30pm Acting Workshop 6:30pm RAH</p>	<p>12 Hanukkah begins at sundown  *AQUA ZUMBA 5:30-6:30pm</p>	<p>13 <u>WATER AEROBICS/OPEN SWIM</u> 4:30-5:30pm Acting Workshop 6:30pm RAH</p>	<p>14 PCMS Holiday Concert 4:30pm RAH Special Olympics Unified Basketball Practice 7:00-8:00pm @ Pembroke Community Ctr</p>	<p>15  Community Voices Holiday Concert 7:00pm RAH</p>	<p>16 *Yoga for All Abilities 9:00-10:00am <u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
<p>17</p>	<p>18 Renew and Restore 4:30-5pm *Fit and Tone 5:30pm Acting Workshop 6:30pm RAH</p>	<p>19 Open Art Studio 4:30pm FREE Aktion Club Meeting 6pm Ray Assembly Hall</p>	<p>20  HOLIDAY FUN OPEN SWIM 4:30-5:30pm Acting Workshop 6:30pm RAH</p>	<p>21 Special Olympics Unified Basketball Practice 7:00-8:00pm @ Pembroke Community Ctr</p>	<p>22</p>	<p>23 <u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
<p>24</p>	<p>25 Merry Christmas </p>	<p>26</p>	<p>27 <u>WATER AEROBICS/OPEN SWIM</u> 4:30-5:30pm Acting Workshop 6:30pm RAH</p>	<p>28 Special Olympics Unified Basketball Practice 7:00-8:00pm @ Pembroke Community Ctr</p>	<p>29</p>	<p>30 *Yoga for All Abilities 9:00-10:00am <u>WATER AEROBICS/OPEN SWIM</u> 10:30-11:30am</p>
<p>31 New Year's Eve </p>						

Fitness Offerings



<p><u>Mondays</u> Check calendar for dates</p>	<p><u>Renew and Restore</u> 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. Drop in and check it out!</p>
	<p><u>*Fit N Tone</u> 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><u>Saturdays</u> Check calendar for dates and times</p>	<p><u>*Gentle Yoga for All Abilities</u> 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>

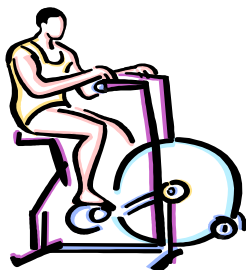
Swim Offerings



<p><u>Wednesdays</u> and <u>Saturdays</u></p>	<p><u>Open Swim/ Water Aerobics</u> 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><u>Tuesdays</u> Check calendar for dates and times</p>	<p><u>*Aqua Zumba</u> 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>

***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.