






New England Village
Enrichment Programs

JUNE 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
* = pre-registration required. Limited # of spaces available for staff wellness and resident participation.		For more information contact Ginger x204 Patrick x202 Melanie x207 Kim x208 Sean x212 Aaron x200		1 *H2O Joints in Motion 5:30-6:30pm	2	3 *Yoga for All Abilities 9-10am Open Swim/Water Aerobics 10:30-11:30am
4	5 RELAXATION 4:30-5PM *Fit and Tone 5:30-6:30pm WALKING CLUB 6:00-6:45PM	6 *AQUA ZUMBA 5:30-6:30pm	7 Open Swim/Water Aerobics 4:30-5:30pm Staff Wellness Program Hump Day Hoofers Meet @ SWC 5:15pm	8 *H2O Joints in Motion 5:30-6:30pm	9 MOVE AND GROOVE 6-7PM NEV=Free Guests=\$5	10 *Yoga for All Abilities 9-10am Dog Therapy Visit 10-11:30am Open Swim/Water Aerobics 10:30-11:30am
11	12 RELAXATION 4:30-5PM *Fit and Tone 5:30-6:30pm WALKING CLUB 6:00-6:45PM	13 *Aqua Zumba 5:30-6:30pm Beaded Jewelry Making 4:30-6:00pm *preregistration required	14 Open Swim/Water Aerobics 4:30-5:30pm Staff Wellness Program Hump Day Hoofers Meet @ SWC 5:15pm	15 *H2O Joints in Motion 5:30-6:30pm	16  Campfire Sing-a-long 6:30-8:00pm NEV= Free Guests = \$5	17 *Yoga for All Abilities 9-10am Open Swim/Water Aerobics 10:30-11:30am
18 Father's Day 	19 RELAXATION 4:30-5PM WALKING CLUB 6:00-6:45PM	20 Aktion Club Meeting 6pm @ NEV	21  Relay for Life Corn Hole/Tailgate Toss Tournament 5pm **See flyer for team entry details! Open Swim/Water Aerobics 4:30-5:30pm Staff Wellness Program Hump Day Hoofers Meet @ SWC 5:15pm	22 Plymouth Planning Committee's Meet the Artist Reception 4-6pm Labyrinth Event "Walking in Harmony" 6:00-7:00pm *H2O Joints in Motion 5:30-6:30pm	23  RELAY FOR LIFE WALK 5-8pm Pembroke High School Come support Team "Strength in Numbers"	24 *Yoga for All Abilities 9-10am Dog Therapy Visit 10-11:30am Open Swim/Water Aerobics 10:30-11:30am
25	26 RELAXATION 4:30-5pm WALKING CLUB 6:00-6:45PM	27 Open Art Studio 4:30-5:30pm No registration required!	28 Open Swim/Water Aerobics 4:30-5:30pm Staff Wellness Program Hump Day Hoofers Meet @ SWC 5:15pm	29 DANCE FOR RELAY 6:30-8PM RAH Suggested donation \$5 	30	

Fitness Offerings



<p><u>Mondays</u> Check calendar for dates</p>	<p><u>Relaxation</u> 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><u>*Fit N Tone</u> 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><u>Walking Club</u> 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 May beauty around us and watch it unfold weekly.
<p><u>Saturdays</u> Check calendar for dates</p>	<p><u>*Gentle Yoga for All Abilities</u> 9-10am</p>	The perfect way to start your weekend! This class will awaken your senses as you move through simple yoga poses and breathing exercises. Taught by Donna Gilli, certified Maha Yoga Instructor.

Swim Offerings



<p><u>Tuesdays</u> Check calendar for dates</p>	<p><u>*Aqua Zumba</u> 5:30-6:30pm</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><u>Wednesdays and Saturdays</u></p>	<p><u>Open Swim/ Water Aerobics</u> 4:30-5:30pm 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><u>Thursdays</u></p>	<p><u>Joints in Motion</u> 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 is easy on the joints while getting 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



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

Hump Day Hoofers – Wednesdays at 5:15pm. Meet at the SWC rain or shine. Great time to meet fellow staff and unwind on Hump Day!

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