

Class Descriptions

Circuit Training- Get ready for the ultimate workout! Circuit training is a form of body conditioning, endurance training, resistance training using high-intensity aerobics. This is an advanced class that will require you to spend a majority of the time on your feet.

Group Fit Plus-- Small groups interested in a more intense and concentrated workout.

Chair Flow Yoga- Come join us with relaxing music and flowing movements. Learn to breathe right, relax your mind, and loosen up the tension in the body.

Balance and Coordination/Posture- This class will keep your body and mind prepared for the unexpected so that your reaction time and balance /posture are at their sharpest!

Strength & Stretch- Strengthen, stretch, and tone all the important muscles keeping your body strong so you are able to do everyday tasks easier and with less discomfort.

Easy Does It - This is a slow paced class designed for those resident's who need a little extra attention and assistance. This class will help regain strength and assist with range of motion using light weights and tension bands.

Easy Does It 2 - This is a slow paced class that uses body weight with precision exercises to target major muscle groups needed to for every day tasks.

Party Exercise- Medium paced class to increase your energy, stamina, and strength while burning calories in the chair.

Water Aerobics- Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.

Mindful Meditation- This is a slow paced class focused on resting the mind, body, and spirit. Learn various meditative techniques that can be applied in everyday life.

Creative Wellness- Awaken your creative mind. This is a creative class focusing on various motor skills and brain functions while creating thoughtful pieces of artwork.

Circuit Training- Individuals looking for a more intense and advanced workout. Join us for a variety of conditioning /resistance exercises.

Oakmonte Village Water Bottle



Stay hydrat-

ed in style!

Plastic Water Bottles - 16 oz
Frosted White with Black Lid
\$8 each
Sold in the Wellness office

Massage Therapy

Enjoy a massage created especially for you. Whether you are seeking relaxation, improved circulation, or pain relief, massage is a perfect way to improve your overall health. Our massage therapist will design a massage to meet your individual needs.

Massage therapist Diane Dahlquist specializes in therapeutic massage, joint therapy and range of motion. See Dessary to schedule your personalized session, 24 hour notice when scheduling appointments and 12 hour notice when canceling.

Hours: Wednesday 9:00AM—2:00PM

Pricing: 30 Minute Massage \$30
50 Minute Massage \$50



OAKMONTE WELLNESS PROGRAM

March 2020

How well do you know your body?

- The bacteria in and on your body can weigh as much as...**
A. a blueberry B. an avocado C. a pineapple D. a watermelon
- Which muscle is....**
A. The strongest? _____ **B. The fastest?** _____
C. The biggest? _____ **D. The smallest?** _____
- Your skin is thinnest on your** _____.
- Your skin is thickest under your** _____.
- What happens to your brain during sleep?**
A. it powers off
B. parts of the nervous system switch on, creating a sequence of healing cycles
C. it slows down so much that your thoughts become barely perceptible
D. your mind wanders, free of constraints (dreams)
- Match the bone to the body part where you'll find it**

1. Stirrup	A. Arm
2. Sesamoid	B. Inside of a joint
3. Fibula	C. Middle ear
4. Metatarsal	D. Leg
5. Humerus	E. Foot
- Why do we need synovial fluid?**
A. to maintain pressure in your eyes between the lens and cornea
B. To digest tough foods such as steak
C. To keep your body's HVAC system working properly
D. To keep yours joints lubricated

ANSWERS:
1. C 2. jaw muscle; eyelid muscle; gluteus maxi-
mus; stapedius 3. eyelids 4. feet 5. B 6. C; B;
D; E; A 7. D

Take Note!

HEALTH TIPS
Oh, the Places You'll Go
and the Socks & Shoes
You Should Wear!

presented by Towers Homecare

We invite you to join us for our monthly tip session on selecting the best shoes and socks/support socks to help you walk with ease!

Thursday, March 19th at
1:30PM in the Performing

PLEASE NOTE THAT ALL ACTIVITIES ARE SUBJECT TO CHANGE DUE TO RENOVATIONS IN THE MONTH OF MARCH

MARCH 2020 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 Dessary OFF NO CLASSES	3 Dessary OFF NO CLASSES	4 9:00-2:00 Massage 9:30 Mindful Meditation 10:15 Trail Walk 10:45 Party Exercise	5 9:30 Chair Flow Yoga 10:45 Mindful Meditation	6 9:30 Mindful Meditation 10:15 Trail Walk 10:45 Party Exercise	7 
8 	9 9:30 Mindful Meditation 10:15 Trail Walk 10:45 Party Exercise	10 9:30 Chair Flow Yoga 10:45 Mindful Meditation	11 9:00-2:00 Massage 9:30 Mindful Meditation 10:15 Trail Walk 10:45 Party Exercise	12 9:30 Chair Flow Yoga 10:45 Mindful Meditation	13 9:30 Mindful Meditation 10:15 Trail Walk 10:45 Party Exercise	14 
15 	16 9:30 Mindful Meditation 10:15 Trail Walk 10:45 Party Exercise	17 St. Patrick's Day 9:30 Chair Flow Yoga 10:45 Mindful Meditation	18 9:00-2:00 Massage 9:30 Mindful Meditation 10:15 Trail Walk 10:45 Party Exercise	19 9:30 Chair Flow Yoga 10:45 Mindful Meditation 1:30 Health Tips w/ Towers: Socks and Shoes	20 9:30 Mindful Meditation 10:15 Trail Walk 10:45 Party Exercise	21 
22 	23 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	24 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:15 Chair Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	25 9:00-2:00 Massage 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 2:00 Resident Council	26 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:15 Chair Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	27 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	28 
29 	30 9:30 Mindful Meditation 10:15 Group Fit Plus 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Easy Does It	31 9:30 Chair Flow Yoga 10:15 Balance and Posture 11:15 Chair Aerobics 1:30 Easy Does It 2 2:30 Mindful Meditation	 <p>EAT, DRINK, AND BE IRISH!</p>			
	<p>Fitness Center Performing Arts Center Massage Therapy Room Arts and Crafts Room Walking Trail Pool Bistro</p>	<p>Massage Therapy Is Available every Wednesday from 9:00am until 2:00pm Contact Dessary to Schedule</p>				