

Class Descriptions

Functional Fitness: Join us for an upbeat cardio based strength class targeting all your major muscle groups using light weights. Great for all levels of abilities.

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 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.

Sit and Be Fit: 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 : 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.

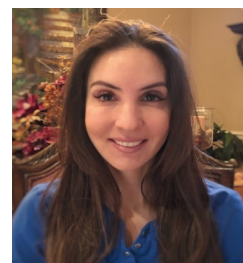
Water Aerobics: Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.

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.

Chair Aerobics: Fast paced cardio workout class that will get your heart rate going and the calories burning!

Trail Walkers: Join us on a scenic walk on the Wekiva Trail. This is slow/medium paced walk spanning about a mile.



Dr. Clara Roman is board certified in Family Medicine and Geriatric Medicine. She graduated from St. Matthews Medical School and then started her residency with Advent Health in Family

Medicine. She started her private practice 10 years ago focusing on Geriatric Care. Her area of practice includes patient care for those individuals in the long-term care setting, i.e. nursing homes, assisted living communities and independent living communities. Her passion is to provide excellent medical care in the comfort of the patient's own home.

Dr. Roman is available every Thursday by appointment only. Contact Su Prasad in Resident Services to become a patient or schedule an appointment.

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

May 2021

SUNSCREEN SAFETY TIPS



FOR OLDER ADULTS

National Sunscreen Day, also known as "Don't Fry Day", will be recognized on May 28th, 2021. On this day, we bring awareness to the dangers of going to the beach, lake, backyard, or anywhere where you are exposed to ultraviolet (UV) rays. On National Sunscreen Day (and every day), put on your sunscreen before enjoying the warmth and light of the Florida sun!

- 1. Choose a sunscreen with SPF 30 or higher.** A sunscreen's sun protection factor (SPF) determines how well it can absorb the reflective sun's rays. A sunscreen with SPF 30 absorbs about 97% of the sun's rays.
- 2. Reapply to protect your skin.** Wearing a higher SPF does not mean you can stay out in the sun longer! Reapply sunscreen every 2-4 hours as directed on the bottle. When water is involved, you will need to reapply it more often.
- 3. Protect skin from UVA and UVB rays.** When buying sunscreen, look for one that offers broad-spectrum protection. UVA rays account for about 95% of rays and penetrate the lower levels of the skin and cause skin aging. UVB rays make up a smaller percentage, but they cause the most sunburns and sun damage.
- 4. Use Different sunscreen formats.** Sunscreen comes in many forms: sticks, sprays, gels, and creams. Buying several formats can make it easier to protect small or hard-to-reach body parts.
- 5. Seek Shade and put a hat on.** Being in the shade reduces UV exposure as well as provide a cool and comfortable space to enjoy your outdoor activity. Choose a hat with a wide brim angled downward to provide the most effective UV protection.

Creative WELLNESS

Join Dessary for a 2-part creative wellness class on clay pot making. On the first session, you will learn how to make clay pots using just your hands. On the second session, you will paint your pot and take it home! This is great beginner class for those who are new to creating pottery.

May 19th and May 26th at 2:200pm
Classes will be held in the gym.
Space is limited. Sign-up at the front desk.

Party Exercise w/ Teresa

Party Exercise will be now be held in the Performing Arts Room every Monday, Wednesday, and Friday at 10:45am-11:15am— Starting Monday May 3, 2021.

Party Exercise is a medium paced class to increase your energy, stamina, and strength while burning calories in the chair!

MAY 2021 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>“To keep the body in good health is a duty, otherwise, we will not be able to keep our mind strong and clear.”</p>						1
2	<p>3</p> <p>9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>4</p> <p>9:00-9:30 B.P. Clinic 9:30 Chair Flow Yoga 10:30 Balance & Posture 11:15 FUNctional Fitness 1:30 Mindful Meditation 2:30 Easy Does it</p>	<p>5</p> <p>9:00-2:00 Massage Therapy 10:45 Party Exercise</p>	<p>6 Dr. Roman</p> <p>9:30 Chair Flow Yoga 10:30 Balance & Posture 11:15 FUNctional Fitness 1:30 Mindful Meditation 2:30 Easy Does it</p>	<p>7</p> <p>9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	8
9	<p>10</p> <p>9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>11</p> <p>9:00-9:30 B.P. Clinic 9:30 Chair Flow Yoga 10:30 Balance & Posture 11:15 FUNctional Fitness</p>	<p>12</p> <p>9:00-2:00 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>13 Dr. Roman</p> <p>9:00-12:00 Hearing Aid Lab 9:30 Chair Flow Yoga 10:30 Balance & Posture 11:15 FUNctional Fitness 1:30 Mindful Meditation 2:30 Easy Does it</p>	<p>14</p> <p>9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	15
16	<p>17</p> <p>OnSite Dermatology 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>18</p> <p>9:00-9:30 B.P. Clinic 9:30 Chair Flow Yoga 10:30 Balance & Posture 11:15 FUNctional Fitness 1:30 Mindful Meditation 2:30 Easy Does it</p>	<p>19</p> <p>9:00-2:00 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 2:00 Creative Wellness: Making Clay Pots Part 1</p>	<p>20 Dr. Roman</p> <p>9:30 Chair Flow Yoga 10:30 Balance & Posture 11:15 FUNctional Fitness 1:30 Mindful Meditation 2:30 Easy Does it</p>	<p>21</p> <p>10:45 Party Exercise</p>	22 Dessary MOD
23 Dessary MOD	<p>24</p> <p>9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>25</p> <p>9:00-9:30 B.P. Clinic 9:30 Chair Flow Yoga 10:30 Balance & Posture 11:15 FUNctional Fitness 1:30 Mindful Meditation 2:30 Easy Does it</p>	<p>26</p> <p>9:00-2:00 Massage Therapy 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 2:00 Creative Wellness: Painting Clay Pots Part 2</p>	<p>27 Dr. Roman</p> <p>9:00-12:00 Hearing Aid Lab 9:30 Chair Flow Yoga 10:30 Balance & Posture 11:00 FUNctional Fitness 12:00 Lunch n Learn: Orlando Health: Skin Health 2:00 Mindful Meditation</p>	<p>28 National Sunscreen Day</p> <p>10:45 Party Exercise</p>	29
30	<p>31</p> <p>NO CLASSES</p> 	<p>Massage Therapy is available every Wednesday by appointment only. Contact Dessary to Schedule</p>	<p>Fitness Center Performing Arts Center Doctor's Office Walking Trail Pool Towers Office</p>	<p>Call Dessary At 407-732-5810 To Schedule your Fitness Assessment!</p>	<p>Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule</p>	