

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.

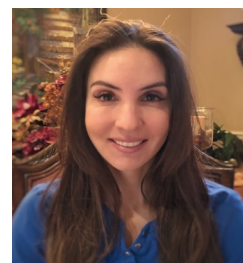
Water Aerobics: Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.

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

July 2021

ARTS IN MEDICINE

Arts in medicine (also known as arts in health) is a multidisciplinary field dedicated to transforming health and the healthcare experience by way of the arts. Arts in medicine utilizes visual arts, performing arts, literary arts, design, and other forms of creative expression. The field aims to enhance health and well-being in various healthcare, institutional, and community settings. Arts in health serves as an adjunct to medical care and public health. The field does not aim to heal illnesses or replace medical or mental treatment, rather it aims to show that creativity and culture can contribute to healing in a holistic sense. The arts help leverage the social determinants of health and work in partnership with other professionals and systems to complement healthcare. Professionals in the field also work alongside public health professionals, social workers, and members of the community to support community-wide health and wellbeing.

Art for Pain and Stress Lunch N Learn

Presented by
 Orlando Health's Artist in Residence Valerie Kelly

This interactive talk will highlight the Arts in Medicine program at Orlando Health Cancer Institute within the Integrative Medicine Department. You will learn about Arts in Medicine, who is serviced, what is provided, and the exciting outcomes.

July 15th @ 12 pm in the Performing Arts Center

Lunch will be provided

Sign up at the front desk. Space is limited.

WATER AEROBICS

The time has finally arrived! Grab your swimsuit, hat, sunglasses, and sunscreen. Its time to have some fun in the sun while getting in a workout!

Every Tuesday and Thursday
 @ 11:00 am



Creative WELLNESS

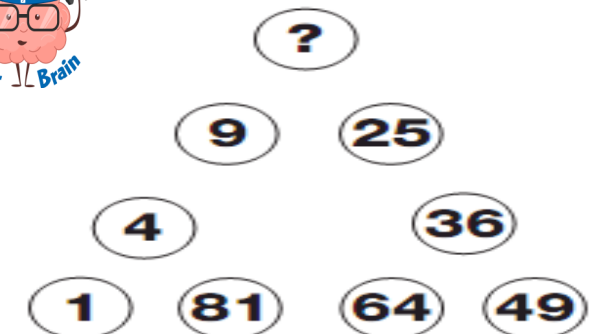
Learn to how to paint a beautiful acrylic painting step-by-step with Dessary.

July 21st– Night Sky Painting

Time: 2:00 PM
 Where: Fitness Center
 Cost: \$5

Space is limited.
Sign-up at the front desk.

Which number replaces the question mark?



Answer: 16 ; Starting bottom left and moving clockwise around the triangle, numbers follow the sequence of Square Numbers.

JULY 2021 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>Life is a gift. Wake up every day and do your best.</p>				1 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:15 FUNctional Fitness 1:30 Easy Does it 2:00 Mindful Meditation	2 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	3
4	5 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	6 Dr. Suggs 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Chair Yoga 2:00 Mindful Meditation	7 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 Easy Does it	8 Dr. Roman 9:00-12:00 Hearing Aid Lab 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Chair Yoga 2:00 Mindful Meditation	9 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	10
11	12 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	13 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Chair Yoga 2:00 Mindful Meditation	14 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 Easy Does it	15 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 12:00 Lunch N Learn: Art for Pain and Stress w/ Orlando Health 2:00 Mindful Meditation	16 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	17
18	19 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	20 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Chair Yoga 2:00 Mindful Meditation	21 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: Night Sky Painting	22 Dr. Roman 9:00-12:00 Hearing Aid Lab 11:15 Strength & Stretch w/ Michael	23 10:45 Party Exercise 11:15 Strength & Stretch w/ Michael	24
25	26 10:45 Party Exercise 1:30 Strength & Stretch w/ Su	27 9:00-9:30 B.P. Clinic 1:30 Strength & Stretch w/ Su	28 9:00-2:00 Massage Therapy 9:30 Mindful Meditation w/Michael 10:45 Party Exercise	29 Dr. Roman 11:15 Strength & Stretch w/ Michael	30 9:30 Mindful Meditation w/ Michael 10:45 Party Exercise	31
30	Fitness Center Performing Arts Center Doctor's Office Walking Trail Pool Towers Office	Blood Pressure Clinic offers free Blood Pressure checks every Tuesday in the Towers Office. Appointment not needed.	Massage Therapy is available every Wednesday by appointment only. Contact Dessary to Schedule	Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule	Call Dessary At 407-732-5810 To Schedule your Fitness Assessment!	