

# 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

## September 2021

## HEALTHY AGING

According to the Center for Disease Control (CDC), 6 in 10 Americans live with at least one chronic disease, like heart disease, stroke, cancer, or diabetes. Most chronic diseases can be prevented by eating well, being physically active, avoiding tobacco and excessive drinking, and getting regular health screenings (Centers for Disease Control and Prevention, 2021). The CDC promotes using these 6 tips to remain active and independent as long as possible.

### 1. Eat & Drink Healthy

Its okay to indulge every once in a while, but it is important to make a conscious effort to make healthy food choices — like fruits, veggies, whole grains, lean meats, and water.

### 2. Move More, Sit Less

Being active throughout the day can help prevent, delay, and manage chronic illness; improve stamina; reduce risk of falls; and improve brain health.

### 3. Regular Checkups

Visit your doctor for preventive services, not just when you're sick. Doing so can prevent disease or find it early (when treatment is more effective.)

### 4. Know Your History

When you share your family health history with your doctor, they can help you take steps to prevent chronic diseases or catch them early.

### 5. Brain Health

Everyone's brain changes as they age, but dementia is not a normal part of aging. Consult your doctor if you notice any changes in your memory or brain health.

### 6. Avoid Tobacco & Excessive Drinking

Smoking harms nearly every organ of the body, causing many diseases and disabilities. Ask your doctor on how you can quit smoking today.

For more information, visit:

<https://www.cdc.gov/chronicdisease/resources/infographic/healthy-aging.htm>

## Lunch N Learn

### What could be causing your dry mouth?

Presented by

Dr. Daniel of Dental Associates of Heathrow

Dry mouth can be caused by many different reasons.

This presentation will discuss the causes, consequences, and treatment options for dry mouth.

**When:** Thursday, September 30

**Time:** 12:00 PM

**Where:** Performing Arts Center

Lunch Provided | Space is limited | Sign-up at the front desk.

## creative wellness

### Fall Door Décor Painting

Fall is here and soon it will be Halloween and Thanksgiving. Join Dessary for a creative class on painting wooden fall décor for your door to get you in the fall spirit!

**When:** September 22


**Time:** 2:00 PM

**Where:** Fitness Center

**Cost:** \$5

Sign-up at the front desk.

# SEPTEMBER 2021 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>“Health is a state of complete harmony of the body, mind, and spirit.”</i></p>			<p>1 9:00-2:00 <b>Massage Therapy</b> 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>2 <b>Dr. Roman</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> 1:30 Beginner Balance 2:00 Chair Flow Yoga</p>	<p>3 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	4
5	<p>6</p> 	<p>7 <b>Dr. Suggs</b> 9:00-9:30 <b>B.P. Clinic</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> 1:30 Beginner Balance 2:00 Chair Flow Yoga</p>	<p>8 9:00-2:00 <b>Massage Therapy</b> 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>9 <b>Dr. Roman</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> 1:30 Beginner Balance 2:00 Chair Flow Yoga</p>	<p>10 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	11
12	<p>13 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>14 9:00-9:30 <b>B.P. Clinic</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> 1:30 Beginner Balance 2:00 Chair Flow Yoga</p>	<p>15 9:00-2:00 <b>Massage Therapy</b> 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>16 <b>Dr. Roman</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> 1:30 Beginner Balance 2:00 Chair Flow Yoga</p>	<p>17 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	18
19	<p>20 <b>OnSite Dermatology</b> 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>21 9:00-9:30 <b>B.P. Clinic</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> 1:30 Beginner Balance 2:00 Chair Flow Yoga</p>	<p>22 9:00-2:00 <b>Massage Therapy</b> 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 2:00 Creative Wellness: Fall Door Décor Painting</p>	<p>23 <b>Dr. Roman</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> 1:30 Beginner Balance 2:00 Chair Flow Yoga</p>	<p>24 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	25
26	<p>27 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>28 9:00-9:30 <b>B.P. Clinic</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> 1:30 Beginner Balance 2:00 Chair Flow Yoga</p>	<p>29 9:00-2:00 <b>Massage Therapy</b> 9:30 Mindful Meditation <b>10:15 Trail Walkers</b> <b>10:45 Party Exercise</b> 11:15 Strength and Stretch 1:30 Sit and Be Fit</p>	<p>30 <b>Dr. Roman</b> 9:30 FUNctional Fitness 10:15 Balance &amp; Posture <b>11:00 Water Aerobics</b> <b>12:00 Lunch N Learn: Dental Associates of Heathrow</b> 2:00 Chair Flow Yoga</p>		
<p>Call Dessary At 407-732-5810 To Schedule your Fitness Assessment!</p>	<p>Fitness Center Performing Arts Center Doctor's Office Walking Trail Pool Towers Office</p>	<p>Blood Pressure Clinic offers free Blood Pressure checks every Tuesday in the Towers Office. Appointment not needed.</p>	<p>Massage Therapy is available every Wednesday by appointment only. Contact Dessary to Schedule 407-732-5810</p>	<p>Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule 407-732-5815</p>		