

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.

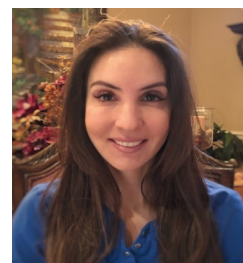
Water Aerobics: Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.

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

November 2021



To Improve Your Health, Practice Gratitude



Showing gratitude is not merely saying, “thank you.” Gratitude and appreciation can be practiced in many ways and offers many benefits when it is expressed/received. Consistently expressing gratitude has been scientifically proven to reduce stress, increase optimism, improve physical health, encourages the development of patience, humility, wisdom, and more. When gratitude is practiced, dopamine is released from the brain. Dopamine is a neurotransmitter that plays a part in controlling the movements a person makes, emotional responses, and how we feel pleasure. Dopamine is vital for both physical and mental well-being. The more gratitude is expressed/received, the more often dopamine is released, thus making a connection between the behavior and feeling good.

6 simple ways to practice gratitude:

1. Journal about things, people, or situations for which you are grateful.
2. Meditate on gratitude and be mindful of your present moment.
3. “Count Your Blessings” exercise—at the end of each day, write down 3 things you were grateful for.
4. Smile, say thank you, give compliments— Action leads to gratitude!
5. Focus on the good that others have done for you and vice versa.
6. Be a “grateful gazer”—look for opportunities to feel grateful.

Remember, expressing and practicing gratitude is important not only on Thanksgiving, but all year round!



Lunch N learn: Cannabinoid Health

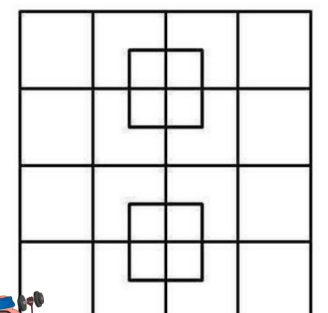
What do you do when your body stops making cannabinoids? You are probably saying, cannabinoids....? What is a cannabinoid and how do I know if I am not making them anymore?

Learn more about your health and cannabinoids with Melita Crutcher. Melita owns and operates Best Weight On You in Altamonte Springs. Weight loss was her main focus until 2020 when her clients were more concerned with building up their immune system. Now, Melita's primary focus is on helping her clients get back into balance by using cannabinoid health products. She believes it is more important today than ever for people to take charge of their health care needs— moving them from the medicine cabinet to the wellness cabinet. The goal is to help her clients establish their own roadmap to homeostasis. Learn more about Cannabinoids and how it impacts your health.

November 18th at 12:00 pm

Space is limited. Sign up at the front desk.

How Many Squares Are There?



BrainFans.com

Answer: 40

NOVEMBER 2021 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	2 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:30 Chair Flow Yoga	3 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	4 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:30 Chair Flow Yoga	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 	
7 	8 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	9 Dr. Suggs 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:30 Chair Flow Yoga	10 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	11 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 2:00-5:00 Fall Risk Assessments w/ FYZICAL Therapy & Balance Centers	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 	
14 	15 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	16 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:30 Chair Flow Yoga	17 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	18 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 12:00 Lunch N Learn: Cannabinoid Health 1:30 Beginner Balance 2:30 Chair Flow Yoga	19 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	20 	
21 	22 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	23 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:30 Chair Flow Yoga	24 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	25 Thanksgiving NO CLASSES	26 Black Friday 10:45 Party Exercise	27 	
28 	29 10:45 Party Exercise	30 9:00-9:30 B.P. Clinic 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:30 Chair Flow Yoga					
	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 407-732-5810	Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule 407-732-5815	Call Dessary At 407-732-5810 To Schedule your Fitness Assessment!		