

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.

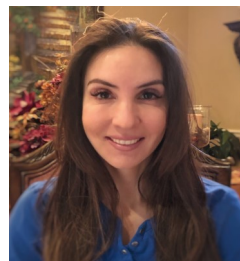
Water Aerobics: Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.

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

January 2022

Healthy New Year's Resolutions

1. Eat more nutrient-dense foods.

Eat more nutrient-rich fruits, vegetables, whole grains, seafood, lean meats/poultry, beans, nuts, and seeds. Consider consuming less sugar.

2. Do a variety of physical activities.

Aerobic exercise such as walking, swimming help with endurance; Exercises that strengthen muscles, improve balance, and increase flexibility such as Functional Fitness and Strength and Stretch.

3. Think positively.

Studies show that a positive attitude has been linked to faster and better recovery from injury or disability, lower risk of chronic disease and memory loss, less isolation and loneliness, and handling stress better.

4. Stimulate your mind.

Challenge your brain to learn something new. Lifelong learning helps build cognitive reserve, the brains resilience and ability to cope with stress and challenges.

5. Help others.

Volunteering improves health by reducing stress and depression risk and keeps you physically, mentally, and socially active.

6. Stay connected and make new friends.

Social engagement and participation are linked to better cognition and overall health, and lower risk of depression and disability.

7. Engage in the arts.

Participating in the arts through music, painting, writing, dance or theatre can be stimulating and bring cognitive and mood benefits.

8. Share a good laugh.

Humor, or a smile, can make you feel good even in difficult times. Laughter can strengthen your immune system, lift mood, ease pain, and lower stress.

Caya Health Lunch N Learn

Join Dr. Joanna Edwards and Tiffany, MSW, for a presentation on caring for your physical and emotional health. The speakers come from Caya Health, a medical clinic located just outside the gates of our community. Caya Health has brought together Primary Care/Family Medicine with Behavioral Health services and are introducing

Whole Person Healthcare to our community.

If you'd like to learn more join us for a Lunch N Learn
January 20th @ 12pm in the Performing Arts Center

SIGN UP AT THE FRONT DESK

JANUARY 2022 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2	3 SEE COMMUNITY CHANNEL FOR UPDATES	4 SEE COMMUNITY CHANNEL FOR UPDATES	5 SEE COMMUNITY CHANNEL FOR UPDATES	6 Dr. Roman SEE COMMUNITY CHANNEL FOR UPDATES	7 SEE COMMUNITY CHANNEL FOR UPDATES	8
9	10 SEE COMMUNITY CHANNEL FOR UPDATES	11 SEE COMMUNITY CHANNEL FOR UPDATES	12 SEE COMMUNITY CHANNEL FOR UPDATES	13 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:30 Chair Flow Yoga	14 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	15
16	17 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	18 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	19 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	20 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 12:00 Lunch N Learn: Caya Health 1:30 Beginner Balance 2:30 Chair Flow Yoga	21 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	22
23	24 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	25 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	26 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	27 Dr. Roman 9:30 FUNctional Fitness 10:15 Balance & Posture 11:00 Water Aerobics 1:30 Beginner Balance 2:30 Chair Flow Yoga	28 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	29
30 PLEASE NOTE THAT ALL WELLNESS CLASSES ARE SUBJECT TO CHANGE BASED ON STATE MANDATED COIVD-19 REGULATIONS	31 9:30 Mindful Meditation 10:15 Trail Walkers 10:45 Party Exercise 11:15 Strength and Stretch 1:30 Sit and Be Fit	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 between 9am-4pm. 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!	Fitness Center Performing Arts Center Doctor's Office Walking Trail Pool Towers Office