

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.
- **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.
- *Party Exercise:** Medium paced class to increase your energy, stamina, and strength while burning calories in the chair.
- Indoor Walkers :** Join us on a walk spanning about 1/2 a mile inside the building.
- *Chair Zumba:** Fast paced cardio workout class in the chair that will get your heart rate going and the calories burning while dancing to fun and upbeat music.
- *Water Aerobics:** Join us for a variety of conditioning /resistance exercises in fairly shallow water using body weight and various water equipment.
- *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, tension bands and a ball.
- New *Ready Set Box:** This fun low impact non-contact boxing class will have you moving like a boxer and improve your overall fitness.
- **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!
- Beginner Balance:** This class will be an intermediate level class, we will use the balance bar and chair for support as we challenge our balance and stability.
- 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.
- Cognitive Incline:** Challenge your mind in this brain games class. We will work memory skills, sharpen quick responses, and challenge focus through interactive games.
- 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.
- 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.



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.

A Message from Cathy in "The Salon" Did You Know?

90 percent of Seniors have foot problems? Diabetes affects one in eight people over the age of 65.

Cathy is a Certified Master Pedicure Specialist and will be offering a New Special Pedicure Service by appointment only on **Tuesday, Wednesday, and Thursday.**

The Service offered will be for men and women who have diabetes or other foot problems such as,

- **Ingrown Toenails**
- **Calluses**
- **Neuropathy**
- **Fungus**

The Diabetic pedicure uses highly concentrated pedometrical grade products for optimal results. Please stop by the Salon and book your appointment with Cathy starting, **Tuesday August 23rd.**

OAKMONTE WELLNESS PROGRAM

September 2022

WHY EXERCISING IN THE POOL CAN HELP YOUR HEALTH...

- 1) Reduces arthritis and joint pain-**Joint pain, whether caused by arthritis or not, is one of the hardest parts of growing old, and what most often keeps people from exercising. Not only does exercising in water not cause such pain, as less stress is put on your joints, but it also relieves this kind of pain altogether. Aquatic exercises reduce pain and relieves the symptoms of arthritis, without the joint pain associated with other kinds of exercise. Being able to move around pain-free is going to make daily chores much easier and helps you stay active out of the water too.
- 2) Increases flexibility and balance-**Since water makes exercise easier on the joints, it helps improve the flexibility in joints and allows you to perform exercises you wouldn't be able to do on land. The pressure of the water makes your joints more flexible, and increasing your range of motion like this improves your general flexibility as well, just like stretching and yoga. Water aerobics also has beneficial effects on your balance, which greatly reduces the risk of falling.
- 3) It's a Low Impact Exercise-**Water aerobics is a great low-impact workout because of the buoyancy of the water. The bulk of the pressure that other exercises would impose on your body is reduced while you're in the water. This advantage is particularly beneficial for those with joint issues or who are undergoing low-impact physical rehabilitation therapy.
- 4) Decreases bone and muscle loss-**When you age, your bones get weaker. This makes you more susceptible to breaking bones even due to relatively light injuries. Regular exercise is a great way to increase bone density and strengthen your bones. Resistance training, like water aerobics, helps the body resist gravity and grow bone cells. Aside from that, building muscle also improves bone strength, and this is another benefit of water aerobics. We lose muscle too as we grow older, so regular exercise that grows muscle is important for staying strong and mobile.
- 5) Improves cardio fitness-**Water aerobics has great benefits for your cardiovascular system. It gets your heart rate up and improves endurance, as it is a form of cardio. Cardio is important for all age groups, but it's particularly beneficial for seniors. It strengthens your heart and lungs, improves energy levels, manages your weight and helps you feel young and energetic. It's a great way to stay healthy and avoid cardiovascular conditions.
- 6) Builds strength-**Water provides a lot of resistance, as anyone who's tried to walk or move underwater knows very well. This means that even without using weights, you're building muscle and increasing strength when you perform exercises underwater. It's a great way to prevent the muscle loss and weakness associated with old age, and ensure that you can go on living and performing your daily tasks as long as possible.



LUNCH N LEARN WITH

DR. LORI GRANT

When: September 22nd from 12:00-1:30

Where: Performing Arts Center

Dr. Lori A. Grant is a Board Certified Foot and Ankle Surgeon who specializes in the medical and surgical treatment of all foot and ankle conditions. Dr. Grant is a member of the American Podiatric Medical Association, Florida Podiatric Medical Association, and the Central Florida Podiatric Association. She completed a three-year reconstructive foot and ankle surgical residency program at Florida Hospital, where she performed over 1,200 surgical procedures. Dr. Grant has treated the full assortment of lower extremity conditions, ranging from bunions, hammertoes and heel pain, to complex reconstructive foot and ankle repairs. Dr. Grant will be giving a 30-40 minute presentation on treatments and aging conditions of the foot and ankles.

Please sign up at Front Desk For This Event, Space is Limited



SEPTEMBER 2022 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Dr. Roman 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:00 *Beginner Balance 3:00 New Line Dance with Lois	2 Kristen's Day Off 10:45 *Party Exercise	3
4 <i>Have a safe Labor Day</i> 	5 Kristen's Day Off 	6 9:00-9:30 B.P. Clinic 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:05 *Beginner Balance	7 Massage Therapy 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 New *Ready Set Box 2:00 *Sit and Be Fit	8 Dr. Roman 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:00 *Beginner Balance 3:00 New Line Dance with Lois	9 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:00 Eat This Not That	10
11 	12 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 *Chair Zumba 2:00 *Sit and Be Fit	13 9:00-9:30 B.P. Clinic 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:05 *Beginner Balance	14 Massage Therapy 9:00 Mindful Meditation 10:00 Creative Wellness 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 New *Ready Set Box 2:00 *Sit and Be Fit	15 Dr. Roman 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:00 *Beginner Balance 3:00 New Line Dance with Lois	16 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 Cognitive Incline 2:00 *Sit and Be Fit	17
18	19 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 12:30 Corn Hole Game 2:30 Sit and Be Fit	20 9:00-9:30 B.P. Clinic 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:05 *Beginner Balance	21 Massage Therapy 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 New *Ready Set Box 2:00 *Sit and Be Fit	22 Dr. Roman 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 12:00 Orlando Health Lunch N Learn with Dr. Lori Grant 2:00 *Beginner Balance 3:00 New Line Dance with Lois	23 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 Cognitive Incline 2:00 *Sit and Be Fit	24
25	26 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 *Chair Zumba 2:00 Sit and Be Fit	27 9:00-9:30 B.P. Clinic 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:05 *Beginner Balance	28 Massage Therapy 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 New *Ready Set Box 2:00 Resident Council	29 Dr. Roman 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:00 *Beginner Balance 3:00 New Line Dance with Lois	30 9:30 Mindful Meditation 10:15 Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 Cognitive Incline 2:00 *Sit and Be Fit	
	Call 407-732-5810 To Schedule your Fitness Assessment!	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 Kristen Via email at kmorse@oakmontevillage.com	Dr. Roman is available every Thursday by appointment only. Contact Su to Schedule 407-732-5815	Fitness Center Performing Arts Center Doctor's Office Walking Trail Patio Art Pool Towers Office Outing Bistro	** Advanced *Beginner