

Class Descriptions

****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.

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.

***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.

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.

****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.

***Indoor Walkers :** Join us on a slow walk spanning about 1/2 a mile inside the building.

****Trail Walkers:** Join us on a scenic walk on the Wekiva Trail. This is medium paced walk spanning about a mile.

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.

***Party Exercise:** Medium paced class to increase your energy, stamina, and strength while burning calories in the chair.

***Ready Set Box:** This fun low impact non-contact boxing class will have you moving like a boxer and improve your overall fitness.

***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.

****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.

***Water Aerobics:** Join us for a variety of conditioning /resistance exercises in fairly shallow water using



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.

To schedule your personalized session, please contact the wellness department.

Hours: Wednesday 9:00AM—2:00PM

Pricing: 30 Minute Massage \$30

50 Minute Massage \$50

OAKMONTE WELLNESS PROGRAM

November 2022

DIABETES AWARENESS MONTH

November is National Diabetes Awareness Month.

Here are some Tips that can help you manage Diabetes during the Holiday Season.

1. Get full faster, eat less with soluble fiber from fruits, vegetables, and beans.
2. Make sure that you have records on your blood glucose levels ready to show your physician at all times.
3. Don't skip breakfast. Start your day off with a good breakfast. Eating breakfast every day will help you have energy as well as steady blood sugar levels.
4. Eat healthy fats: instead of snacking on cheese, chips or crackers, enjoy a handful of unsalted nuts or seeds. Go for variety with sunflower, pumpkin seeds, almonds, cashews, pecans, and walnuts.
5. Reduce simple sugar consumption and make healthy substitutions. Substitute sparkling water for soda, a bowl of frozen fruit instead of ice cream, or a piece of fruit instead of pie.
6. Be physically active daily, try walking at least 30 minutes a day.
7. If you are at risk, type 2 diabetes can be prevented with moderate weight loss (10-15 pounds) and 30 minutes of moderate physical activity for example brisk walking each day.

Manage your diabetes with healthy eating, physical activity, taking your medicines, and stress management.

NOVEMBER 2022 WELLNESS CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 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	2 Massage Therapy 9:00 Mindful Meditation 10:00 Creative Wellness 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 *Ready Set Box 2:00 *Sit and Be Fit	3 Dr. Roman 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:00 *Beginner Balance	4 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	5
6	7 9:30 Mindful Meditation 10:15 *Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:00 Line Dance with Lois 2:00 *Sit and Be Fit	8 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	9 Massage Therapy 9:30 Mindful Meditation 10:15 **Trial Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 12:30– 2:00 Corn Hole Game 2:15 *Sit and Be Fit	10 Dr. Roman 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:00 *Beginner Balance	11 Kristen's Day Off 10:45 *Party Exercise	12
13	14 9:30 Mindful Meditation 10:15 *Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:00 Line Dance with Lois 2:00 *Sit and Be Fit	15 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	16 Massage Therapy 9:30 Mindful Meditation 10:15 **Trial Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 *Ready Set Box 2:00 *Sit and Be Fit	17 Dr. Roman 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:30 **FUNctional Fitness 2:00 *Beginner Balance	18 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	19
20	21 9:30 Mindful Meditation 10:15 *Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:00 Line Dance with Lois 2:00 *Sit and Be Fit	22 9:00-9:30 B.P. Clinic 9:30 *Chair Flow Yoga 10:15 **Balance & Posture 11:00 *Water Aerobics 1:15– 4:00 Oviedo Bowling Outing	23 Massage Therapy 24 9:30 Mindful Meditation 10:15 **Trial Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 *Ready Set Box 2:00 *Sit and Be Fit	 Thanksgiving No Classes Kristen MOD	25 Black Friday 10:45 *Party Exercise	26
27	28 9:30 Mindful Meditation 10:15 *Indoor Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:00 Line Dance with Lois 2:00 *Sit and Be Fit	29 9:00-9:30 B.P. Clinic 3:00 Oakmonte Line Dancers Performance 3:30-5:30 Oakmonte Carnival	30 Massage Therapy 9:30 Mindful Meditation 10:15 **Trial Walkers 10:45 *Party Exercise 11:30 **Strength and Stretch 1:30 *Ready Set Box 2:00 *Sit and Be Fit	 Happy Thanksgiving		
		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 Dining Room Pool Towers Office Outing Bistro	*Beginner **Advanced