

JANUARY Fun Fitness and Health



BROADWAY COURT ESTATES

The perfect place to hang your hat.



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



2 8:30 Mall Walking
9:00 Circuit Gym-2nd FL
10:00 Audiology Clinic—NS
10:00 Strength Balance Class and Weights with Cassie-MP
11:30 Sit and Be Fit-MP
1:00 Beginner Wii-Thtr
2:00 Wii Bowling-Thtr

3 9:00 Aquacize-Pool
9:00 Circuit Gym-2nd FI
9:30 Shuffleboard-GR
11:30 Sit and Be Fit-MP

4 Independent Swimming. Use a buddy system!
11:00 In-House Wii Bowling Tournament.

5 Independent Swimming. Use a buddy system!

6 9:00 Aquacize-Pool
9:00 Circuit Gym-2nd FI
10:00 TOPS-GR
11:30 Sit and Be Fit-MP

7 9:00 Circuit Gym-2nd FI
10:00 Strength Balance Class and Weights with Cassie-MP
11:30 Sit and Be Fit-MP
6:00 Wii Bowling-Thtr

8 9:00 Aquacize-Pool
9:00 Circuit Gym-2nd FI
11:30 Sit & Be Fit-MP

9 8:30 Mall Walking
9:00 Circuit Gym-2nd FL
10:00 Strength Balance Class and Weights with Cassie-MP
11:30 Sit and Be Fit-MP
1:00 Beginner Wii-Thtr
2:00 Wii Bowling-Thtr

10 9:00 Wii Bowling Tournament Outing
9:00 Aquacize-Pool
9:00 Circuit Gym-2nd FI
9:30 Shuffleboard-GR
11:30 Sit and Be Fit-MP

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9:00 Circuit Gym-2nd FI
10:00 TOPS-GR
11:30 Sit and Be Fit-MP
1:00 Mall Walking

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11:30 Sit and Be Fit-MP
6:00 Wii Bowling-Thtr

15 9:00 Aquacize-Pool
9:00 Circuit Gym-2nd FI
11:30 Sit and Be Fit -MP

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10:00 Strength Balance Class and Weights with Cassie-MP
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9:00 Circuit Gym-2nd FI
10:00 Strength Balance Class and Weights with Cassie-MP
11:30 Sit and Be Fit-MP
1:00 Beginner Wii-Thtr
2:00 Wii Bowling-Thtr
3:00 Fall Prevention Seminar-DR

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9:00 Circuit Gym-2nd FI
9:30 Shuffleboard-GR
11:30 Sit and Be Fit-MP

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9:00 Circuit Gym-2nd FI
10:00 TOPS-GR
11:30 Sit and Be Fit-MP
1:00 Mall Walking

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10:00 Strength Balance Class and Weights with Cassie-MP
11:30 Sit and Be Fit-MP
6:00 Wii Bowling-Thtr

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9:00 Circuit Gym-2nd FI
11:30 Sit and Be Fit -MP

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11:30 Sit and Be Fit-MP



AQUACIZE and INDEPENDENT SWIMMING

The benefits of water aerobics are tremendous! From the beginner to the advanced, the program involves use of both arms and legs. The resistance of the water provides strength and flexibility, leading to better muscular endurance and balance. Water supports up to 80% of your weight, allowing a beneficial workout without the risk of injuring muscle, bones or joints. Water also leads to improved flexibility through a wider range of motion. It has also been proven to be extremely beneficial in terms of cardiovascular conditioning. It is refreshing and lifts up the mood instantly. **Join our Activity Department Instructor on Mondays, Wednesdays, and Fridays at 9:00am for an Aquacize Class. Also join our tenants for an Independent Class on Saturday at 10:00am and Sunday at 8:30am for safe, fun, and beneficial exercise in our pool.**



CIRCUIT TRAINING GYM WITH PERSONAL TRAINER!

"Circuit Training" equipment is extremely safe, and the hydraulic technology will prevent any injuries. The machines are pneumatic-based, which work on strength and conditioning concentrating on your major core body parts: legs, arms, shoulders, back and chest. Everyone, even those with limitations, can operate these machines. An instructor will be here 3 days a week to train and encourage everyone to use the equipment. **The Circuit Gym is open Monday through Friday at 9:00am. Please contract the Activity Department for a training session. An instructor is on hand to assist or answer your questions.**



BCE EXERCISE EQUIPMENT TREADMILL AND RECUMBENT BICYCLES

A treadmill will give you a flat and forgiving surface for walking so it's a great when you're experiencing aches and pains. Recumbent bicycles are designed so you sit lower to the ground with your legs out in front of you. These pieces of equipment will give you a good cardiovascular workout and increase your strength. **Enjoy our treadmill and recumbent bicycles everyday from 7:00am to 10:00pm.**



SIT AND BE FIT

The Sit and Be Fit program is practical and effective. Through controlled movements from your chair, you can exercise every part of your body. Using range of motion for all body parts, joints and muscles, the Sit and Be Fit class is acceptable for all seniors and all fitness levels. Helping you with strength and flexibility from the top of your head to the tip of your toes! Don't let the "sit" part fool you. Come and see what sitting and being fit is all about, and see how much aerobic exercise you can get from your chair.

Join our Activity Department Instructor and tenants Monday through Friday at 11:30am.



MALL WALKING

Walk the climate controlled, safe, lit, level surfaces of the Valley Mall. The Mall offers rest areas, water fountains and restrooms. This is an independent activity. **Monday at 1:00pm and Thursday at 8:30am.**



TENDER TOUCH TOE NAIL CARE WITH ROSE

Rose will trim your toe nails and pamper your feet so they feel great and you feel like a million bucks. **Sign up at the Front Desk for your appointment time every 2nd Monday of the month. \$15.00 cash or check.**



STRENGTH BALANCE AND WEIGHTS CLASS with Cassie LaRae

Cassie recently joined our Fitness Program. She has taught group exercise for 36 years. Cassie graduated from WSU with a degree in Education. She recently was certified in Senior Balance, Sculpting a Body Perfect, and Awesome abdominals.

These exercises strengthen the back, abdominals and promote all over body toning while improving posture. The class is taught in a chair but some components will incorporate standing. There are numerous ways to modify exercises to accommodate varying fitness levels.

Our instructor will work with tenants ranging from low impact to more advanced abilities.

Join us on Tuesday at 10:00am and Thursday at 10:00am.



WII BOWLING

A bowling sport simulation designed to demonstrate the motion sensing capabilities of the Wii remote to new players. The player moves the remote in a similar manner to how the bowling ball is played in real life. This game has become a popular means for social gatherings and competition among players of all ages. **Join our tenants on Tuesday at 6:30pm and Thursday at 1:30pm. Tournament play will be announced when the schedule is available.**



LEISURE SHUFFLEBOARD

Test your shuffleboard skills, cheer on your friends and have fun playing! It relieves stress by getting your mind off any problems and allows people to socialize with others. **Join us on Friday at 9:30am. Tournaments will be announced.**



January National Mental Wellness Month

January is National Mental Wellness Month and a chance to respect our mental well-being as part of our total body health. Develop a positive attitude—People with positive attitudes are apt to be happier, more successful, and better able to handle crisis and stress. Self-appreciation- Recognize your strengths and weaknesses, avoid speaking negatively about yourself, laugh at your mistakes, and learn from them. Mental resilience- View a crisis situation as an opportunity. Creative problem solving, like listing the positive things that can result from the problems you face, can expand your options and help you cope and recover. Laughter- Humor is a great stress reducer and laughing can improve both physical and mental health. Affiliation- Developing and maintaining friends and an extended support network is crucial for a state of well-being. Exercise—Regular physical exercise increases energy and releases important neurotransmitters in the brain to ward off depression and anxiety. Improve your diet—During times of stress people often skip meals, overeat, and/or eat bad foods. A diet rich in fruit, vegetables and fiber will help you maintain the physical and mental stress you need to deal with the situation. Get enough rest. Be good to yourself, physically and mentally for improved health!

T.O.P.S.

Take Off Pounds Sensibly is a weight loss group who meet weekly to share challenges, successes, and goals. T.O.P.S. is a healthy nutrition support club that gather to learn, discover, improve, recognize, and celebrate their members. **T.O.P.S. meet at Broadway Court Estates Monday at 10:00am.**

TOTAL VIBRATION WORKOUT

This machine enhances flexibility, range of motion, strengthens muscles and balance. **This is an independent activity. See Activity Staff for instructions.**



AUDIOLOGY CLINIC

Would you like to participate more fully in activities? Does your ability to hear and understand conversation keep you from enjoying the company of others the way you use to? It is important to have your hearing checked to determine if hearing loss is affecting your quality of life? Come and get your hearing tested, ears cleaned, and see what's new in hearing aid technology!

Jonell Block, Doctor of Audiology, comes to Broadway Court Estates on the first Thursday of the month at 10:00am for a drop-in clinic, and also makes private in-home appointments.