

Master the Art of Living



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WHAT CAN AN EXERCISE CLASS DO FOR YOU?

In the Wellness Center not only is there a beautiful pool and spa and all other types of exercise equipment for you to use 24 hours a day, but we also offer 26 exercise classes every week providing various challenges.

The exercise classes are a huge part of the Wellness Center and get rave reviews by many of the residents who take them. The reasons for this are many.

First, residents are placed in classes that are appropriate for them. Before utilizing the Wellness Center all residents go through a brief orientation and assessment. The assessment is crucial to your success, because not only does it allow our fitness staff to recommend appropriate cardiovascular and strength training equipment for you to use, but it also allows our fitness staff to place you in the appropriate classes. Classes are held both on land and in the pool. Classes are set up for varying ability levels in regards to balance, muscular strength and endurance, and cardiovascular condition. Going through the assessment and being placed in the appropriate class will lead to your success by allowing you to feel confident and comfortable in the class environment, and have fun with your fellow residents along the way!

Second, classes are structured in a way that they address many of the challenges residents face daily. Regardless of the ability level of a class, each class begins with an appropriate warm up. Next are movements to challenge you neuromuscularly, as the exercises engage not only the body but the brain too. These exercises will assist in helping with balance, posture, and body awareness. Classes then progress to challenge your strength and cardiovascular system. Exercises performed are functional, in that they transfer to everyday life movements. Class concludes with a cool down and stretch, leaving you feeling recharged, accomplished, and ready to move on with the rest of your day.

Third, the classes are a fun, social opportunity. Nothing eliminates the perceived monotony, and other negative connotations that exercising may carry, more than being with others and enjoying like-minded comradery while exercising as a group.

Please come down to the Wellness Center and meet our fitness staff – Tyler, Kim, and Eliza. They lead our classes and would love to see you join in!

WHAT IS YOUR PASSION?

This beautiful lady is Julia Hawkins, a former school teacher from Baton Rouge, Louisiana. I want to share her story with you because it is truly an inspirational one. Julia is the current world record holder in the 50 meter dash for the women's 100 plus division. She broke the record in 2017 and still holds it. Julia became a competitive cyclist at age 81 and as she gets older, she continues to set goals for herself. Nicknamed "The Hurricane," she is now the oldest female competitor in the United States, according to the National Senior Games Association.

Julia, obviously is passionate about what she is doing. What about you? What is your passion? It can be anything. Remember what you used to say to yourself? "When I retire, I am going to" That time is here and now. Consider artwork, writing, foreign language, college courses, mentoring and so much more. It is never too late to find that passion in you and to make it happen. You, too, can be a "Hurricane."



Kim Hall

CLASS SCHEDULE CHANGES

There will be no fitness classes on Tuesday, September 24th. Experience "The Escape Room" instead.

There will be no Yellow Land class on Friday, September 27th. We encourage all residents to come and enjoy **The Elim Park Follies**.



SCHEDULE OF EVENTS

Monday, September 23rd – Elim Park Pentathlon

This event will begin at 9:00 am in the Village Green Lobby. Each resident will be given a scorecard to track progress in the 5 events. Start at the VG entrance. Competitors will walk, stroll, or roll on a preset 1 kilometer course. Along the way they will participate in 4 more events. These events are a corn hole toss, ping pong bounce, brain challenge and shot put throw. All events are walker and wheel chair friendly. We also encourage spectators for those who do not want to participate. Please come and cheer on your friends.

Tuesday, September 24th – Escape Room

This event will be offered between 10:00 am and 2:00 pm in the WC aerobics room. There will be no fitness classes offered in the aerobics room on this day. This is our intellectual challenge for the week. Residents will work in teams of up to 4 per team. The goal is to work cooperatively to discover clues, solve puzzles and accomplish tasks in order to progress and accomplish a larger goal. Each team will be given everything needed to successfully “escape” from the room. Teams will progress through the room every 20 minutes. Don’t worry, staff facilitators will be with you every step of the way to offer “hints” on solving the clues. Signup sheets with time slots will be found at the Concierge desk. You can sign up as a foursome or individually.

Wednesday, September 25th – Magical Mystery Trip

The bus will leave at 9:15 am from the VG lobby. Once a week starting on Monday September 2nd, I will post a clue about trip location on our in-house channel and at the Concierge desk. There will be 4 clues in all. Cost of the trip is \$7.00 and includes a snack. Travel time one hour or less. Building has two floors with an elevator. You will be required to wear a hairnet on part of the tour and stand for 15-20 minutes (bring a walker or cane if needed). Have fun figuring out the clues.

Wednesday, September 25th – Spiritual Craft

Join us at 1:00 pm in the AK first floor lounge. We will offer a “Colors of Faith” bracelet class. Each resident will make one bracelet. You can choose to keep the bracelet or give to another as a blessing. The bracelet is made of colored beads, each representing key aspects of the Christian faith. All supplies needed to complete this craft will be provided. Space is limited and sign up is required. Signup sheets can be found at the Concierge desk.

Thursday, September 26th – Spiritual Craft

Joins us at 1:30 pm in the AK first floor lounge. We will offer a Prayer Box class. The premise behind a prayer box is to seek out God, ask for His provision, and pray for others and to strengthen your relationship with Him while meeting the needs of others. All supplies needed to complete this craft will be provided. Space is limited and signup is required. Signup sheets can be found at the Concierge desk.

Friday, September 27th – Elim Park Follies

Join us at 1:30 pm in Nelson Hall for an afternoon of fine entertainment featuring our very own Elim Park residents. You will enjoy music, dance, comedy and much, much more. You won’t want to miss this spectacular event.