



January 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	(W) Hydrotone	(W) Ai Chi	(W) Hydrotone	(W) Ai Chi	(W) Hydrotone
8:30 AM		Gentle Yoga		Gentle Yoga	
9:00 AM	(W) Aquacize	Yoga	(W) Aquacize	Yoga	(W) Aquacize
9:15 AM	Zumba Toning		Silver Circuit		Super Circuit
10:00 AM	Forever Fit	Sit & Be Fit	Forever Fit	Sit & Be Fit	Forever Fit
10:30 AM	New! Tai Chi for Arthritis	Find Your Balance	Find Your Balance	Find Your Balance	Find Your Balance
11:00 AM			Chair Volleyball		
2:00 PM	(W) Walking Water Workout		(W) Walking Water Workout		(W) Walking Water Workout
3:00 PM	(W) Shepherd Center		(W) Shepherd Center		(W) Shepherd Center
4:00 PM	(W) Shepherd Center Beginner		(W) Shepherd Center Beginner		

(W) = Water Class Healthy Bones – Every Saturday at 11:00 am

2019 promises to be an amazing year for us at Arbor Acres. If you are a new resident– welcome!! I look forward to meeting you! If you are new to the Wellness Center, come on by and check it out!!! We have lots of opportunities for you to have fun and get some exercise! Have some coffee or some infused water at our Hydration Station, chat with friends on the patio, or meet new folks while using the equipment or walking the track. I look forward to working with you in 2019. Happy New Year!!
Suzy Vaile– Fitness Center/Wellness Coordinator

Land Classes

Zumba Toning
Monday (45 minutes) 9:15 a.m.
Combine fun Zumba dance moves that you love with strength training for the first half of class, and will finish with core toning, posture exercises, lower back strengthening, and relaxation/stretching on the mat. All fitness levels are welcome.

Silver Circuit
Wednesday (45 minutes) 9:15 a.m.
Combine aerobic training with bands and weights for the first half of class, and will finish with core toning, posture exercises, lower back strengthening, and relaxation/stretching on the mat. All fitness levels are welcome.

Super Circuit
Friday (45 minutes) 9:15 a.m.
Combine a variety of fitness stations that we will rotate through the first half of class, and will finish with core toning, posture exercises, lower back strengthening, and relaxation/stretching on the mat. All fitness levels are welcome.

Forever Fit
Monday, Wednesday, & Friday (30 minutes) 10:00 a.m.
This moderate intensity workout combines both seated and standing exercises with weights and bands to increase muscle strength, range of motion, and activities for daily life.

Find Your Balance
Tuesday-Friday (30 minutes) 10:30 a.m.
Improve balance and increase stability through a variety of seated and standing gentle exercises designed to challenge both the mind and body. All fitness levels are welcome.

Gentle Yoga
Tuesday & Thursday (30 minutes) 8:30 a.m.
A beginner, all-seated yoga class that performs a variety of gentle poses and offers modifications designed to introduce you to the poses, the

Yoga - Mind, Body, Balance
Tuesdays & Thursdays (45 minutes) 9:00 a.m.
A perfect class for students who have completed a session in basic yoga. Perform a variety of postures designed to increase flexibility, balance, and range of movement.

Sit & Be Fit
Tuesdays & Thursdays (30 minutes) 10:00 a.m.
A low intensity seated chair class designed to increase flexibility and improve strength. Hand-held weights, resistance bands, and balls are used for strength and range of movement exercises.

Tai Chi
Monday (45 minutes) 10:30 a.m.
Gentle, non-strenuous exercises to loosen joints, improve balance, and help with arthritis.

Chair Volleyball (1 hour) 11:00 a.m.
Wednesday
Come join fellow residents for fun and fitness as we play seated volleyball with a beach ball. We laugh and have fun and get a great workout!

Aquatic Classes (Exercise Pool)
Hydrotone
Mondays, Wednesdays, & Fridays (45 minutes) 8:00 a.m.
A fun water exercise class that combines aerobic exercise with resistance training using water weights and noodles. Suitable for all fitness levels, and is gentle on the joints, while harmoniously working the body.

Aquacize
Mondays, Wednesdays, & Fridays (60 minutes) 9:00 a.m.
This class is a combination of toning and aerobic exercises of all intensities to give you a great workout from head to toe!

Walking Water Workout
Mondays, Wednesdays, & Fridays (30 minutes) 2:00 p.m.
Walk at your own pace with fellow residents to experience the benefits of walking in the water.

Tomlinson Wellness Center

Tai Chi for Arthritis (TCA)

Monday, January 7, 2019

10:30 am

Tomlinson Wellness Center Ball Room

This style of exercise, the full name of which is Tai Chi for Arthritis and Fall Prevention, has been acknowledged in the last forty years to be extremely beneficial to the health of those who practice it.

TCA was developed with the intention that it be gentle, non-strenuous, fun and relaxing.

A key concept in TCA is to do as much loosening of joints, attaining good balance, and strengthening core muscles with as little exertion as possible.

Participants can do the exercises while standing or sitting. The instructor for TCA will be Mike Simpson, who has also taught Arbor Acres' 9 a.m. water aerobics class for the past year.

Sugar Shock...it's back!

Are you finding yourself addicted to sweets after the holidays? Do you need a kick-start to a healthy 2019? Sugar Shock is back! Join fellow Residents and Artists for 10 days without added sugar or artificial sweeteners! Yes, this means no candy, cookies, soda, diet soda, sweet tea, BBQ sauce, flavored yogurt, or even mints and chewing gum! It sounds intimidating, but with the daily guidance from your Wellness Arts Team, and encouragement from each other we can do this together! You will receive daily emails with encouraging words, fun facts, exercise tips, motivation and a suggested meal plan. Your Dining Arts team is on board to help you successfully navigate Lakeside, and keep you on track for these 10 days. Come sign up and learn more at our Sugar Shock registration event on January 9th at 2:00 pm in the Tomlinson Wellness Center Ballroom.

Healthy Holiday Challenge– Final Weigh-In January 4th

Join us for the final weigh-in from 8 am– 12 pm in the Tomlinson Wellness Center. No appointment necessary. Looking forward to seeing how we all maintained during the holidays!

SENIOR GAMES KICKOFF PARTY FRIDAY, JANUARY 18

Join us for the Piedmont Plus Senior Games Kickoff at the Hanes Hosiery Recreation Center
501 Reynolds Blvd
Event Hours 10 am –2 pm

We will be leaving Arbor Acres at 9:30 am; please sign up on Wellzesta by Monday, January 14. Entry forms will be available, as well as live demonstrations of some of the events, and you can meet the different sponsors of the Senior Games. We will return to campus by 12:00.

Self-Defense Class

January 31, 2:00 pm
Tomlinson Wellness Center

Have you ever wanted to learn some self-defense basics, and some safety 101 tips for you and your loved ones? Well, now is your chance!!! Join black belt, Ginger Gallagher as she teaches us some self-defense basic moves, and educates us on being aware of our surroundings, car safety, and more. **Please sign up on Wellzesta.**

Chair Volleyball- what's in a name????

Chair volleyball has become so popular, we now have two full-time courts on Wednesdays at 11:00 am. If you haven't played yet, come on out and try it!!! Here are our name submissions; let me know which one you love!!
1. Ball Busters 2. Butt Ball 3. Laugh & Volley 4. Beach Volleyball– Arbor Acres style 5. Flying Feet 6. Loose Tush 7. Seniors Sit Volleyball 8. 6 Feet and 2 cheeks email svaile@arboracres.org to submit your vote!