



December 2023 Program for Active Living: Retirement



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOCATIONS FR = FITNESS ROOM (Basement left side) TH =TOWNHALL LTC =LONG TERM CARE SH = SCHOOL HOUSE		<u>See back page for class information!</u>			1 11am Strengthening & Flexibility Class (TH)	2  <i>Malvina off</i>
3 NO PAL PROGRAM TODAY. <i>Malvina off</i>	4* 11am Exercise Bands Class (FR) 1pm LifeMark Movement Matters 2pm LifeMark Fall prevention class 3pm Life Mark Pump it up (all in Town Hall TH)	5 11am Weight and Legs Standing Class (FR)	6 11am Flexibility and Stretching (TH)	7* 11am Upper Body with Weights (FR) 1pm LifeMark Movement Matters 2pm LifeMark Fall prevention class 3pm Seated Dance (all in School House SH)	8 NO PAL PROGRAM TODAY. <i>Malvina off</i>	9 11am Balance and Stretch (LTC)-room subject to change
10 11am Seated Yoga (LTC)- room subject to change	11* 11am Exercise Bands Class (FR) 1pm LifeMark Movement Matters 2pm LifeMark Fall prevention class 3pm Life Mark Pump it up (all in Town Hall)	12 11am Weight and Legs Standing Class (FR)	13 11am Upper Body with Weights (FR)	14* Seated Yoga with Sheila Town Hall: 10:30 1pm LifeMark Movement Matters 2pm LifeMark Fall prevention class 3pm Seated Dance (all in School House)	15 11am Strengthening & Flexibility Class (TH)	16  <i>Malvina off</i>
17 NO PAL PROGRAM TODAY. <i>Malvina off</i>	18* 11am Exercise Bands Class (FR) 1pm LifeMark Movement Matters 2pm LifeMark Fall prevention class 3pm Life Mark Pump it up (all in Town Hall)	19 11am Weight and Legs Standing Class (FR)	20 11am Flexibility and Stretching (TH)	21* 11am Upper Body with Weights (FR) 1pm LifeMark Movement Matters 2pm LifeMark Fall prevention class 3pm Seated Dance (all in School House)	22 NO PAL PROGRAM TODAY. <i>Malvina off</i>	23 NO PAL PROGRAM TODAY. TO-
24 Christmas Eve 11am Seated Yoga (LTC)- room subject to change	25* Merry Christmas and Happy Holidays! 11am Exercise Class (TH) 	26 11am Weight and Legs Standing Class (FR)	27 11am Upper Body with Weights (FR)	28* 11am Flexibility and Stretching (FR) 1pm LifeMark Movement Matters 2pm LifeMark Fall prevention class 3pm Seated Dance (all in School House)	29 NO PAL PROGRAM TODAY. 	30 & 31 Happy New Year! See you next week! NO PAL PROGRAM TODAY.

Exercise Bands Class-30mins

- Using therapy bands for exercise, a good intro for beginners. This class entails a full body workout and can be a good start if you have not done exercise in a while. We start with a warm up, then upper body, lower body, and a cooldown.

Weights and Legs Standing Class -30mins

- This class is focused on standing exercises– IF YOU FEEL UNBALANCED you are able to participate while sitting but some exercises will be modified.
- Continue to use dumbbells and has the same format of warm up, upper body exercise, and a cooldown.

Exercise Upper Body- 30mins

- Using dumbbells for exercise. This class entails a upper body workout with some compound movements. We start with a warm up, focus on our arms and core, then a cooldown. Sitting and some Standing involved.

Strengthening & Flexibility Class-30mins

- This class is primarily stretching and range of motion (ROM) with repetitive movements. Being one with our body we go through a series of stretches.
- Using breathing techniques to further increase flexibility.

Alternating Weekend -30mins

- **Balance & Stretch:** Practicing some lower leg balance with coordination of our upper body. Residents who relies a lot on their walker will have a difficult time with some of the movements but still welcome to try!
- Using yoga balls and bouncy balls to practice full body muscle recruitment and spatial awareness.
- **Seated Yoga:** Performing some yoga exercises with breathing techniques while sitting. Focused on relaxation.

Movement Matters– Life Mark

Falls Prevention– Life Mark

This 12-week program focuses on providing a consistent approach to prevent and manage falls, reduce injuries associated with falls and improve safety within the participant's home. The program will consist of a pre and post assessment, education, and exercise. The 1-hour program twice a week will include 15 minutes of educational discussion of various topics related to falls with 30 minutes of exercise that will focus on improve balance, increase strength, flexibility, and agility. Participants must be able to attend 2 – 1-hour classes every week for 12 weeks

Pump it Up– Life Mark

Higher intensity exercise class that involves more standing based exercises. Involves exercises that make use of exercise bands, dumbbells, and body weight. This 30-40 minute class will improve flexibility, muscle strength, and your endurance!

Seated Dance– Life Mark

This 30 minute – 40 minute class is paired to music to make you groove in your seat! Seated dance helps improve your range of motion and function of your arms and legs. It will also build strength in your core improving your day to day abilities. The music will bring out your inner spunk and child to lighten your mood.