






# OCTOBER 2024

## Program for Active Living: Retirement



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>*You do not need to sign up for PAL Exercise classes*</b></p>		<p><b>1</b></p> <p>NO PAL PROGRAM TODAY.</p>	<p><b>2</b></p> <p><b>11 am</b> Exercise Thera Bands Class <b>(TH)</b></p> 	<p><b>3</b></p> <p>NO PAL PROGRAM TODAY. Sarina off</p> <p><b>1pm</b> Lifemark Movement Matters <b>2pm</b> Lifemark Fall prevention class <b>3pm</b> Lifemark Seated Dance</p>	<p><b>4</b></p> <p><b>11 am</b> Balance Class <b>(TH)</b></p> 	<p><b>5</b></p> <p>NO PAL PROGRAM TODAY.</p> <p>Sarina off</p>
<p><b>6</b></p> <p>NO PAL PROGRAM TODAY.</p> <p>Sarina off</p>	<p><b>7*</b> <b>11 am</b> Upper Body with Weights <b>(TH)</b></p> <p><b>1pm</b> Lifemark Movement Matters <b>2pm</b> Lifemark Fall prevention class <b>3pm</b> Lifemark Pump it up</p>	<p><b>8</b></p> <p><b>*Residents' Council Meeting 10:30 TH*</b></p> <p><b>11 am</b> Exercise Thera Bands Class <b>(HS)</b></p>	<p><b>9</b></p> <p><b>11 am</b> Flexibility and Stretching <b>(TH)</b></p>	<p><b>10</b></p> <p><b>11 am</b> Balance Class <b>(TH)</b></p> <p><b>1pm</b> Lifemark Movement Matters <b>2pm</b> Lifemark Fall prevention class <b>3pm</b> Lifemark Seated Dance</p>	<p><b>11</b></p> <p>NO PAL PROGRAM TODAY.</p> <p>Sarina off</p>	<p><b>12</b></p> <p><b>11 am</b> Legs/Standing Class <b>(TH)</b></p>
<p><b>13</b></p> <p><b>11 am</b> Seated Yoga <b>(WR)</b></p>	<p><b>14</b></p> <p><b>Thanksgiving Celebration 2:30 (Main Street)</b></p> <p><b>No Exercise program</b></p>	<p><b>15</b></p> <p><b>11 am</b> Exercise Thera Bands Class <b>(TH)</b></p> 	<p><b>16*</b> <b>11 am</b> Flexibility and Stretching <b>(TH)</b></p>	<p><b>17*</b></p> <p><b>11 am Dance the Day Away (TH)</b></p> <p>Sarina off</p> <p><b>1pm</b> Lifemark Movement Matters <b>2pm</b> Lifemark Fall prevention class</p>	<p><b>18*</b></p> <p><b>11 am</b> Balance Class <b>(TH)</b></p> 	<p><b>19</b></p> <p>NO PAL PROGRAM TODAY.</p> <p>Sarina off</p>
<p><b>20</b></p> <p>NO PAL PROGRAM TODAY.</p> <p>Sarina off</p>	<p><b>21*</b> <b>11 am</b> Upper Body with Weights <b>(TH)</b></p> <p><b>1pm</b> Lifemark Movement Matters <b>2pm</b> Lifemark Fall prevention class <b>3pm</b> Lifemark Pump it up</p>	<p><b>22</b></p> <p><b>11 am</b> Exercise Thera Bands Class <b>(TH)</b></p>	<p><b>23*</b> <b>11 am</b> Flexibility and Stretching <b>(TH)</b></p> 	<p><b>24</b></p> <p><b>11 am</b> Balance Class <b>(TH)</b></p> <p><b>1pm</b> Lifemark Movement Matters <b>2pm</b> Lifemark Fall prevention class <b>3pm</b> Lifemark Seated Dance</p>	<p><b>25</b></p> <p><b>10:30 Yoga with Sheila (TH)</b></p> <p>Sarina off</p>	<p><b>26</b></p> <p><b>11 am</b> Legs/Standing Class <b>(TH)</b></p>
<p><b>27</b></p> <p><b>11 am</b> Seated Yoga <b>(WR)</b></p>	<p><b>28*</b> <b>11 am</b> Upper Body with Weights <b>(TH)</b></p> <p><b>1pm</b> Lifemark Movement Matters <b>2pm</b> Lifemark Fall prevention class <b>3pm</b> Lifemark Pump it up</p>	<p><b>29</b></p> <p><b>11 am</b> Exercise Thera Bands Class <b>(TH)</b></p> 	<p><b>30*</b></p> <p><b>11 am</b> Flexibility and Stretching <b>(TH)</b></p>	<p><b>31</b></p> <p>NO PAL PROGRAM TODAY.</p> <p>Sarina off</p>	<p><b>LOCATIONS</b>  <b>TH</b>=TOWNHALL  <b>PATIO</b>= OUTSIDE MAIN TERRACE  <b>HS</b>= HOBBY SHOP  <b>LTC</b>= LTC PHYSIO SPACE  <b>SH</b>= SCHOOL HOUSE  <b>WR</b>= WATERFALL ROOM 2ND FLOOR</p>	

### **Exercise Thera 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.

### **Legs/ Standing Class -30mins**

- This class is focused on a few standing exercises– IF YOU FEEL UNBALANCED you are able to participate while seated but some exercises will be modified.
- Format of warm up, lowerbody exercise, and a cooldown.
- Balance will be challenged due to standing.

### **Upper Body and Weights- 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.

### **Flexibility & Stretching 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 Weekends –30 mins**

- **Balance Class:** 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!
- **Seated Yoga:** Performing some seated yoga exercises with breathing techniques while sitting. Focused on relaxation.

### **Sun Fun & Stretch– 20/25 mins**

An outside exercise class focusing on the whole body and mindfulness of being one with the environment and self. Class will be weather permitting. Please wear appropriate attire and bring water! Open to everyone.

### **Movement Matters– Lifemark Classes**

#### **Falls Prevention– Lifemark**

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– Lifemark**

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– Lifemark**

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.