



March 2025

Program for Active Living: Retirement



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1* 11am Flexibility and Stretching (TH)
2* 11am Seated Yoga and mindfulness (WR)	3* 11am Move with Megan (TH) 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention class 3pm Lifemark Pump it up (Fitness Center)	4* 11am Upper Body with Weights (HS)	5* 11am Sascha's Shimmy and Shine (TH)	6* NO PAL PROGRAM TODAY. Sarina Off 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention class 3pm Lifemark Seated Dance (Fitness Center)	7* 11am Flexibility and Stretching (TH)	8 NO PAL PROGRAM TODAY. Sarina Off
9 NO PAL PROGRAM TODAY. Sarina Off	10 *11am Exercise Thera Bands Class (TH) 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention class 3pm Lifemark Pump it up (Fitness Center)	11*11am Upper Body with Weights (HS)	12* 11am Legs/Standing Class (TH)	13* 11 am Dance The Day Away NO PAL PROGRAM TODAY. - Sarina off 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention class 3pm Lifemark Seated Dance (Fitness Center)	14*11 am Flexibility and Stretching (TH)	15*11am Balance class (TH)
16* 11am Seated Yoga and mindfulness (WR)	17*11am Exercise Thera Bands Class (TH) 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention class 3pm Lifemark Pump it up (Fitness Center)	18* 11am Upper Body with Weights (TH)	19* 11am Legs/Standing Class (TH)	20* NO PAL PROGRAM TODAY. Sarina off 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention class 3pm Lifemark Seated Dance (Fitness Center)	21* NO PAL PROGRAM TODAY.	22 NO PAL PROGRAM TODAY. Sarina Off
23* NO PAL PROGRAM TODAY. Sarina Off	24* 11am Upper Body with Weights (TH) 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention class 3pm Lifemark Pump it up (Fitness Center)	25*11am Upper Body with Weights (TH)	26* 11am Legs/Standing Class (TH)	27* NO PAL PROGRAM TODAY. Sarina off 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention class 3pm Lifemark Seated Dance (Fitness Center)	28* 11am Flexibility and Stretching (TH)	29* 11am Balance class (TH)
30* 11am Seated Yoga and mindfulness (WR)	31* 11am Upper Body with Weights (TH) 1pm Lifemark Movement Matters 2pm Lifemark Fall prevention 3pm Lifemark Pump it up (Fitness Center)			<div style="border: 1px solid orange; padding: 5px;"> LOCATIONS TH=TOWNHALL HS= HOBBY SHOP LTC= LTC PHYSIO SPACE SH= SCHOOL HOUSE WR= WATERFALL ROOM 2ND FLOOR </div>		*You do not need to sign up for PAL Exercise classes*

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, lower body exercise, and a cooldown.

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.

Kine Student classes –30 mins

- **Move with Megan:** Enjoy a gentle exercise session for all levels, with seated and standing options. Move at your own pace to enhance flexibility, strength, and well-being in a relaxed, mindful atmosphere.
- **Sascha's Shimmy and Shine :** Join our dance class, perfect for beginners and those with some experience! Enjoy gentle, low-impact routines to a variety of music, keeping both body and mind engaged. With standing and sitting options, you can choose how to do the moves based on your preference.

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.