

JUNE

Program for Active Living: Retirement

Locations:

TH=TOWNHALL

HS= HOBBY SHOP

PATIO= OUTSIDE MAIN TERRACE

FITNESS CENTER: LOWER LEVEL

WR= WATERFALL ROOM 2ND FLOOR



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 NO PAL PROGRAM TODAY.	2 11am: Upper Body with Weights (TH) 1-3 PM Lifemark classes (Fitness Center)	3 11am: Exercise Thera Bands Class (TH)	4 11am: Legs/Standing Class (TH)	5 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)	6 11am: Flexibility and Stretching (TH)	7 11am: Balance class (TH) 2 pm: Balloon Badminton (PATIO)
8 11am: Seated Yoga and mindfulness (WR)	9 11am: Upper Body with Weights (TH) 1-3 PM Lifemark classes (Fitness Center)	10 11am: SEATED ZUMBA (TH)	11 11am: Legs/Standing Class (TH) 3pm: Sun Fun & Stretch (PATIO)	12 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)	13 11am: Flexibility and Stretching (TH)	14 NO PAL PROGRAM TODAY.
15 NO PAL PROGRAM TODAY.	16 11am: Upper Body with Weights (TH) 1-3 PM Lifemark classes (Fitness Center)	17 11am: Exercise Thera Bands Class (TH)	18 11am: Legs/Standing Class (TH)	19 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)	20 11am: Flexibility and Stretching (TH)	21 11am : Balance class (TH) 2 pm: Balloon Badminton (PATIO)
22 11am : Seated Yoga and mindfulness (WR)	23 11am: Upper Body with Weights (TH) 1-3 PM Lifemark classes (Fitness Center)	24 11am: Exercise Thera Bands Class (TH)	25 11am: Legs/Standing Class (TH) 3pm: Sun Fun & Stretch (PATIO)	26 NO PAL PROGRAM TODAY. 1-3 PM Lifemark classes (Fitness Center)	27 11am : Flexibility and Stretching (TH)	28 NO PAL PROGRAM TODAY.
29 NO PAL PROGRAM TODAY.	30 NO PAL PROGRAM TODAY 1-3 PM Lifemark classes (Fitness Center)	<div><div><div>Join the</div><div>CELEBRATION</div></div><div>#ElderWisdom 10th Anniversary</div><div></div></div>				

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.

Upper Body and Weights- 30mins

Using dumbbells for exercise while seated. 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. .

Flexibility & Stretching Class-30mins

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

Balloon Badminton: June 7th and 21th, A playful, low-impact activity using balloons and paddles to enhance coordination, balance, and upper body movement.

Seated Zumba: June 10th, A lively chair-based dance workout that boosts heart health, flexibility, and mood with Latin-inspired music and moves.

Sun Fun & Stretch: June 11th and 25th, Enjoy a full-body, mindful outdoor exercise class. **Weather permitting.** Wear comfortable clothes and bring water.

Alternating Weekends : 25-30 mins

- **Balance Class:** Practicing some lower leg balance with coordination of our upper body. Residents who rely 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.

Falls Prevention – Lifemark: A 12-week program combining education and exercise to reduce fall risks and improve safety and strength in older adults.

Pump it Up – Lifemark: A higher-intensity, standing-based workout using equipment to boost strength, flexibility, and endurance.

Seated Dance – Lifemark: A fun, music-based seated exercise class that enhances mobility, core strength, and mood.