

AUGUST 2019

Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>If you would like 1:1 time for stretching, working with weights, and/or equipment, please see Wellness Coordinator Laura Burmeister</p>			<p>Live and Thrive with Exercise!</p>	<p>11:00 CARDIO DRUMMING 2:30 Wellness Seminar Bus Safety Workshop 3:15 Hangman on Patio 6:00 Line Dancing 7:00 Bean Bag Toss</p>	<p>11:00 Muscles in Motion</p>	 <p>I'm sure you have heard the saying, "if you don't use, it you will lose it." Well, this is true! In the Wellness Center we offer a variety of different types of classes & physical activities to help you maintain your balance, flexibility, strength, and cardio. Laura is also available to work with you one on one. Please stop by and see me and let's set up an appointment!</p>
<p>4</p> <p>**All classes held in the Wellness Center located in the lower level of the community center unless otherwise noted.</p>	<p>5</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core & Balance 2pm Virtual Bowling League 6:00 Bocce Ball League</p>	<p>6</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:30 Shuffleboard League</p>	<p>7</p> <p>8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 2:00 "BE A KID AGAIN" GAMES OUTSIDE OF PUB 6:30 Putting League</p>	<p>8</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 6:00 Line Dancing 7:00 Bean Bag Toss</p>	<p>9</p> <p>11:00 Muscles in Motion</p>	
<p>11</p>	<p>12</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core & Balance 11:45 Change the First Letter Game 2pm Virtual Bowling League 6:00 Bocce Ball League</p>	<p>13</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:30 Shuffleboard League</p>	<p>14</p> <p>8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 2:30 Women's Circuit Class 6:30 Putting League</p>	<p>15</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 3:15 State Fair Trivia on Patio 6:00 Line Dancing 7:00 Bean Bag Toss</p>	<p>16</p> <p>11:00 Muscles in Motion</p>	
<p>18</p> <p>**PLEASE NOTE** Walking Club Meets in the Wellness Center</p>	<p>19</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core & Balance 2pm Virtual Bowling League 6:00 Bocce Ball League</p>	<p>20</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:00 Orientation on Machines 2:30 Walking Club meet in Wellness Center 6:30 Shuffleboard League</p>	<p>21</p> <p>8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 2:30 Women's Circuit Class 6:30 Putting League</p>	<p>22</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 6:00 Line Dancing 7:00 Bean Bag Toss</p>	<p>23</p> <p>10:00 Nature Walk to Independence Oaks 11:00 Muscles in Motion</p>	
<p>25</p>	<p>26</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core & Balance 2pm Virtual Bowling League 6:00 Bocce Ball League</p>	<p>27</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:30 Shuffleboard League</p>	<p>28</p> <p>8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 2:30 Women's Circuit Class 6:30 Putting League</p>	<p>29</p> <p>11:00 CARDIO DRUMMING 2:30 Walking Club 6:00 Line Dancing 7:00 Bean Bag Toss</p>	<p>30</p> <p>11:00 Muscles in Motion</p>	
	<p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Core & Balance 2pm Virtual Bowling League 6:00 Bocce Ball League</p>	<p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:30 Shuffleboard League</p>	<p>8:45 Swim Therapy at WKHS 11:00 Cardio Combo 11:45-12:00 Meditation 2:30 Women's Circuit Class 6:30 Putting League</p>	<p>11:00 CARDIO DRUMMING 2:30 Walking Club 6:00 Line Dancing 7:00 Bean Bag Toss</p>	<p>11:00 Muscles in Motion</p>	



Mediation is a great way to connect your mind and body; it is also excellent for your heart! Mediation is a wonderful way to relieve stress and it promotes relaxation. We practice Mediation every Wednesday for 15-20 minutes in the Wellness Center at 11:45AM.

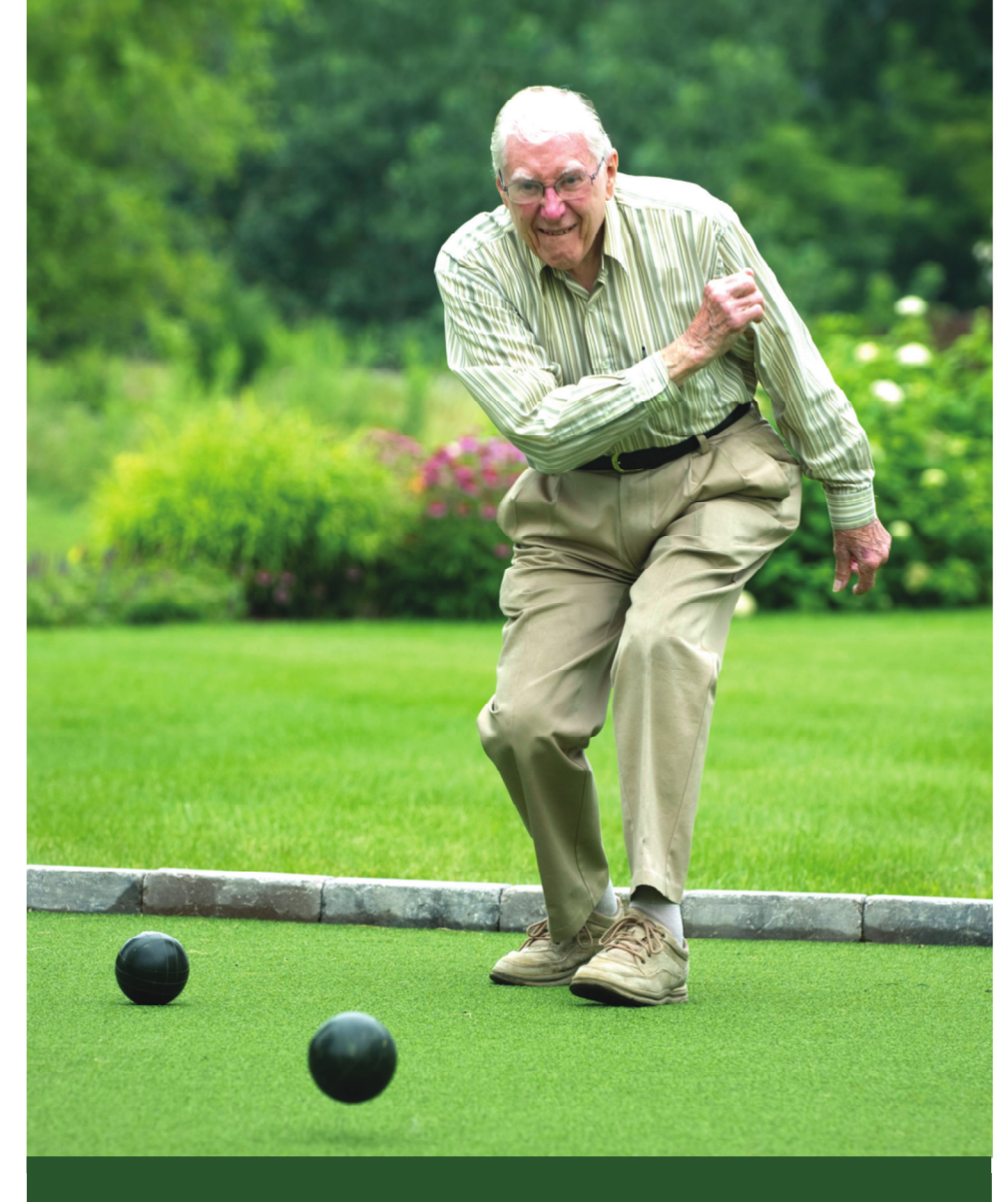
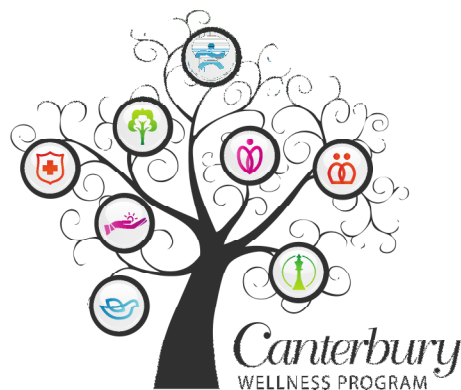
Please join us and give it a try, you just might LOVE it!

See you soon in the Wellness Center.

In good health,

Laura Burmeister

Wellness Coordinator



Wellness Activity Calendar

Live well. Be well. With Canterbury.

Stay up-to-date on the available classes and events each month. Participate in as many as you'd like. And keep track of all of your activities with our Wellness Player's Club Monthly Activity Tracker.

