



June 2017

Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>*All classes held in the Wellness Center located in the lower level of the Community Center unless otherwise noted.</i></p>				<p>1 11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>2 11:00 Low Impact Aerobics 11:30 Strength Training</p>	 <p>This month our summer league plays start! Please give all our sports a try. It's great way to get some exercise and socialize with your neighbors. You also will earn a \$5.00 casino chip for every sport you do and if you would like to be a supporter, you will receive a \$1.00 casino chip!</p> <p>At the end of the season there will be a sports banquet off-campus with a nice dinner, certificates and trophies. Yes, we keep score, but most of all we have FUN!</p> 
<p>4</p> <p>All Summer Leagues will be held outside **Weather Permitting**</p>	<p>5 8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2pm Virtual Bowling League 6pm Bocce Ball League</p>	<p>6 11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffle Board League</p>	<p>7 9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 6pm Putters League</p>	<p>8 11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6PM Virtual Bowling League</p>	<p>9 11:00 Low Impact Aerobics 11:30 Strength Training</p>	
<p>11</p>	<p>12 8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2pm Virtual Bowling League 6pm Bocce Ball League</p>	<p>13 11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffle Board League</p>	<p>14 9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 6:30 Putters League *due to Summer Party</p>	<p>15 11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>16 10:00 NATURE WALK WATERFORD OAKS 11:00 Low Impact Aerobics 11:30 Strength Training</p>	
<p>18</p>	<p>19 8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2pm Virtual Bowling League 6pm Bocce Ball League</p>	<p>20 11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffle Board League</p>	<p>21 9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 6:00 Putters League</p>	<p>22 11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling</p>	<p>23 11:00 Low Impact Aerobics 11:30 Strength Training</p>	
<p>25</p>	<p>26 8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling League/6:00 Bocce</p>	<p>27 11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffle Board League</p>	<p>28 9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 6:00 Putters League</p>	<p>29 11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>30 10:00 NATURE WALK INDEPENDENCE OAKS 11:00 Low Impact Aerobics 11:30 Strength Training</p>	



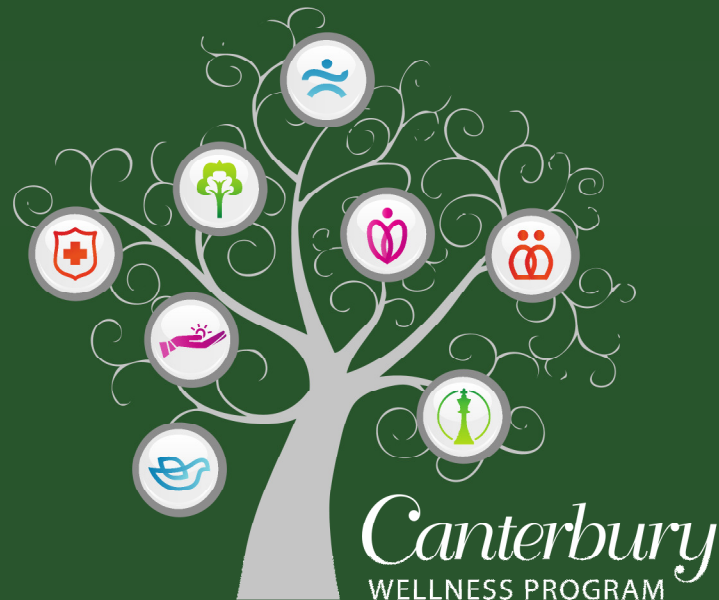
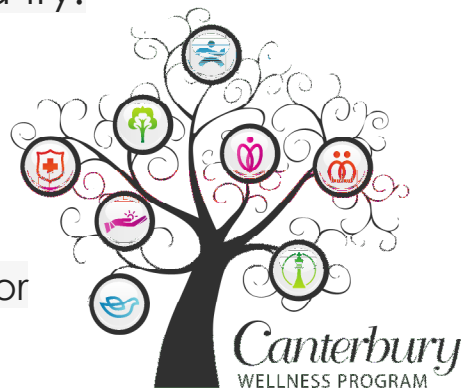
Myth: No Pain, No Gain

Although it's OK to push yourself until you feel the burn of exercise, it's important to know when to stop. Pain is the body's way of telling you that something is wrong. You should never feel pain when exercising. If you do, stop and take a break. To stay safe, learn what your limits are, and stay within them.

Work Out to Stay Sharp

Exercise, especially the kind that gets your heart rate up like walking or swimming, has mental pluses, too. Although experts aren't sure why, physical activity might increase the blood supply to the brain and improve links between brain cells. Staying active can help memory, imagination, and even your ability to plan tasks. Please give our exercise classes a try!

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.

