


November 2017

Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*All classes held in the Wellness Center located in the lower level of the Community Center unless otherwise noted.</p>			<p>1</p> <p>9:00 Swim Therapy 11:00 Muscles in Motion 3:00 Wellness Store 6:00 Bean Bag Toss</p>	<p>2</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>3</p> <p>11:00 Muscles in Motion</p>	 <p>What are you Thankful for? Take a moment to think about what you are truly thankful for. Being apart of Canterbury is like being at home where family and friends surround us with love daily. I'm thankful to be serving you here at Canterbury in the Wellness Center. I'm so blessed to be able to do what I love! Thank you for taking classes here.</p> <p>Have a blessed Thanksgiving!</p>
<p>5</p> <p>If you would like any 1:1 time for stretching, working with weights and/or equipment, please see Wellness Coordinator, Laura Burmeister</p>	<p>6</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2:00 Virtual Bowling League 6:00 Ring Toss</p>	<p>7</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>8</p> <p>9:00 Swim Therapy 11:00 Muscles in Motion 2:15 Functionally Fit 6:00 Bean Bag Toss</p>	<p>9</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>10</p> <p>11:00 Muscles in Motion</p>	
<p>12</p>	<p>13</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2:00 Virtual Bowling League 6:00 Ring Toss</p>	<p>14</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>15</p> <p>9:00 Swim Therapy 11:00 Muscles in Motion 2:15 Functionally Fit 6:00 Bean Bag Toss</p>	<p>16</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>17</p> <p>11:00 Muscles in Motion</p>	
<p>19</p>	<p>20</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2:00 Virtual Bowling League 6:00 Ring Toss</p>	<p>21</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 TURKEY TROT meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>22</p> <p>9:00 Swim Therapy 11:00 Muscles in Motion 2:15 Functionally Fit 6:00 Bean Bag Toss</p>	<p>23</p> <p>HAPPY THANKSGIVING</p>	<p>24</p> <p>11:00 Black Friday Workout</p>	
<p>26</p>	<p>27</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2:00 Virtual Bowling League 6:00 Ring Toss</p>	<p>28</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling League</p>	<p>29</p> <p>9:00 Swim Therapy 11:00 Muscles in Motion 2:15 Functionally Fit 6:00 Bean Bag Toss</p>	<p>30</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Line Dancing</p>		

Fish really is Brain Food

A protein source linked to a great brain boost is fish -- rich in omega-3 fatty acids that are key for brain health. These healthy fats have amazing brain power: A diet with higher levels of them has been linked to lower dementia and stroke risks and slower mental decline; plus, they may play a vital role in enhancing memory, especially as we get older.

For brain and heart health, eat two servings of fish weekly.

Add a Daily Dose of Nuts and Chocolate

Nuts and seeds are good sources of the antioxidant vitamin E, which has been linked in some studies to less cognitive decline as you age. Dark chocolate also has other powerful antioxidant properties, and it contains natural stimulants like caffeine, which can enhance focus.

Enjoy up to an ounce a day of nuts and dark chocolate to get all the benefits you need with a minimum of excess calories, fat, or sugar.

Add Avocados and Whole Grains

Every organ in the body depends on blood flow, especially the heart and brain. A diet high in whole grains and fruits like avocados can cut the risk of heart disease and lower bad cholesterol. This reduces your risk of plaque buildup and enhances blood flow, offering a simple, tasty way to fire up brain cells.

Whole grains, like popcorn and whole wheat, also contribute dietary fiber and vitamin E. Though avocados have fat, it's the good-for-you, monounsaturated fat that helps with healthy blood flow.

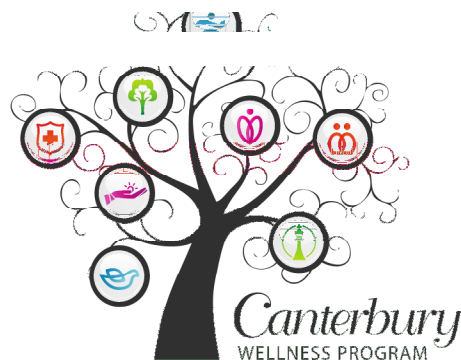
Blueberries Are Super Nutritious

Research in animals shows that blueberries may help protect the brain from the damage caused by free radicals and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia. Studies also show that diets rich in blueberries improved both the learning and muscle function of aging rats, making them mentally equal to much younger rats.

Have a blessed Thanksgiving,

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.

