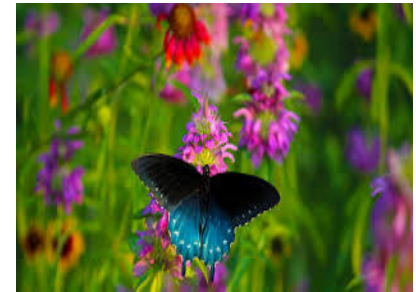


April 2018

Wellness Activity Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3	4	5	6	
**All classes held in the Wellness Center located in the lower level of the community center unless otherwise noted.	8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2pm Virtual Bowling League 6:00 Bocce Ball	11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling	9:00 Swim Therapy 11:00 Muscles in Motion 2:15 Functionally Fit 6pm Bean Bag Toss League	11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Noodle Hockey	11:00 Muscles in Motion	
8	9	10	11	12	13	
If you would like 1:1 time for stretching, working with weights and/or equipment, please see Wellness Coordinator Laura Burmeister	8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2pm Virtual Bowling League 6:00 Bocce Ball	11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling	9:00 Swim Therapy 11:00 GUEST INSTRUCTOR DONNA FROM STUDIO 8 2:15 Functionally Fit 6pm Bean Bag Toss League	11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 3:30 Cardio Drumming 6:00 Line Dancing	11:00 Muscles in Motion	
15	16	17	18	19	20	
	8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 1:00 Balloon Volleyball 2pm Virtual Bowling League 6:00 Bocce Ball	11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling	9:00 Swim Therapy 11:00 GUEST INSTRUCTOR DONNA FROM STUDIO 8 2:15 Functionally Fit 6pm Bean Bag Toss League	11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Line Dancing	11:00 Muscles in Motion	
22	23	24	25	26	27	
	8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2pm Virtual Bowling League 6:00 Bocce Ball	11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling	9:00 Swim Therapy 11:00 GUEST INSTRUCTOR DONNA FROM STUDIO 8 2:15 Functionally Fit 6pm Bean Bag Toss League	11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6pm Penny Toss	11:00 Muscles in Motion	
	29	30				
	8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 1:00 Inflatable Ring Toss 2pm Virtual Bowling League 6:00 Bocce Ball	11:00 Balance & Stretch 1:00 Line Dancing 2:15 Walking Club meet in Wellness Center 6:00 Virtual Bowling				



Now that Spring has sprung when the weather permits our Walking Club groups will be walking outside. Walking is one of the best forms of exercise you can do. We walk, chat, take in the beautiful sights, and we are doing something good for ourselves. Please consider joining us on Tuesday & Thursday afternoons. (see calendar for details)

Please join us for our evening activities in the Wellness Center. It's a great way to share in fellowship with your neighbors and have some fun! You earn Casino chips too!

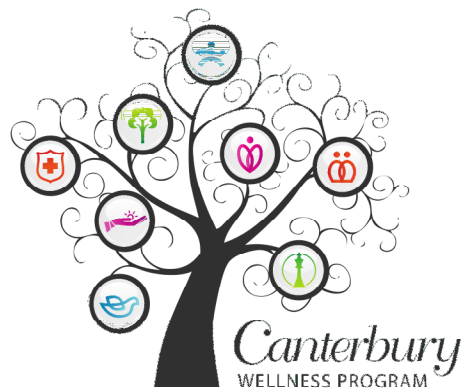
If you have any suggestions or concerns, please see me in the Wellness Center.

Warm regards,
Laura Burmeister
Wellness Coordinator



In April, I am bringing back Donna from Studio 8 from here in Waterford. She was a guest instructor during our Active Aging week back in September. Donna will be guest instructing on Wednesdays. She will be teaching chair yoga, chair dance and senior exercise. Please help me in welcoming her to our Wellness Center for the month. I am interested in mixing our class schedule up in the next few months. If you have a class you would like to see on our schedule I would appreciate your input.

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.

