



October 2018

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>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2pm Virtual Bowling League 6:00 Bocce Ball League Can Food Drive all week!</p>	<p>2</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:00 Virtual Bowling 6:30 Shuffleboard League</p>	<p>3</p> <p>8:45 Swim Therapy at WKHS 11:00 Slow-Flow 11:30 Total Body Workout 12-12:15 Meditation 2:15 Functionally Fit 6:30 Putting League</p>	<p>4</p> <p>11:00 Balance & Stretch 2:30 Walking Club meet in Wellness Center 6:00 Line Dancing 6:30 Outdoor Bean Bag 7:30 Campfire w/S'mores</p>	<p>5</p> <p>11:00 Muscles in Motion</p>	
<p>7</p> <p>If you would like 1:1 time for stretching, working with weights and/or equipment, please see Wellness Coordinator Laura Burmeister</p>	<p>8</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2pm Virtual Bowling League 3:00 COTL Crop Walk 6:00 Bocce Ball League</p>	<p>9</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:00 Virtual Bowling 6:30 Shuffleboard League</p>	<p>10</p> <p>8:45 Swim Therapy at WKHS 11:00 Slow-Flow 11:30 Total Body Workout 12-12:15 Meditation 2:15 Functionally Fit 6:30 Final Putting League</p>	<p>11</p> <p>11:00 Balance & Stretch 2:30 Walking Club meet in Wellness Center 6:00 Line Dancing 6:30 Outdoor Bean Bag</p>	<p>12</p> <p>11:00 Muscles in Motion</p>	<p>I would like to thank everyone who participated in our 2018 Active Aging week. I hope you came away with some great information regarding Fall Prevention and hope you tried something NEW! A big shout out to our Executive Director Rochelle Rothwell for the awesome Chair Yoga Class she taught during the week!</p> <p>Please note, you will be receiving an invitation to our Summer Sports Banquet if you have participated in any of our summer leagues games. The banquet will be held off site. It is a great evening for sportsmanship and big fun!!!</p>
<p>14</p>	<p>15</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2pm Virtual Bowling League 6:00 Penny Toss</p>	<p>16</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:00 Virtual Bowling</p>	<p>17</p> <p>8:45 Swim Therapy at WKHS 11:00 Slow-Flow 11:30 Total Body Workout 12-12:15 Meditation 2:15 Functionally Fit 6:30 Bean Bag Toss</p>	<p>18</p> <p>11:00 Balance & Stretch 2:30 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>19</p> <p>11:00 Muscles in Motion</p>	
<p>21</p>	<p>22</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2pm Virtual Bowling League 6:00 Ring Toss</p>	<p>23</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:00 Virtual Bowling</p>	<p>24</p> <p>8:45 Swim Therapy at WKHS 11:00 Slow-Flow 11:30 Total Body Workout 12-12:15 Meditation 2:15 Functionally Fit 5:30 Sports Banquet</p>	<p>25</p> <p>11:00 Balance & Stretch 2:30 Walking Club meet in Wellness Center 6:00 Line Dancing</p>	<p>26</p> <p>11:00 Muscles in Motion</p>	
 <p>There's no miracle to staying healthy and fit - it's the way you live your life.</p>	<p>29</p> <p>8:30 Rise and Shine 9:30 Line Dancing 11:00 Muscles in Motion 2pm Virtual Bowling League 6:00 Penny Toss</p>	<p>30</p> <p>11:00 Balance & Stretch 1:00 Line Dancing 2:30 Walking Club meet in Wellness Center 6:00 Virtual Bowling</p>	<p>31</p> <p>10:30 Community-wide Trick-or-Treating No Morning Classes 1:00 Slow Flow 2:15 Functionally Fit 6:30 Bean Bag Toss</p>		<p>28</p>	

Here are some facts for Healthy Aging:

Eat Whole Foods-It's more a way of eating than a formal diet. You load up on veggies, fruits, whole grains, nuts, and low-fat dairy. You eat less fatty meats, butter, sugar, salt, and packaged foods.

Many studies have found that this diet can help you live longer and protects against heart disease, cancer, Parkinson's, and Alzheimer's disease.

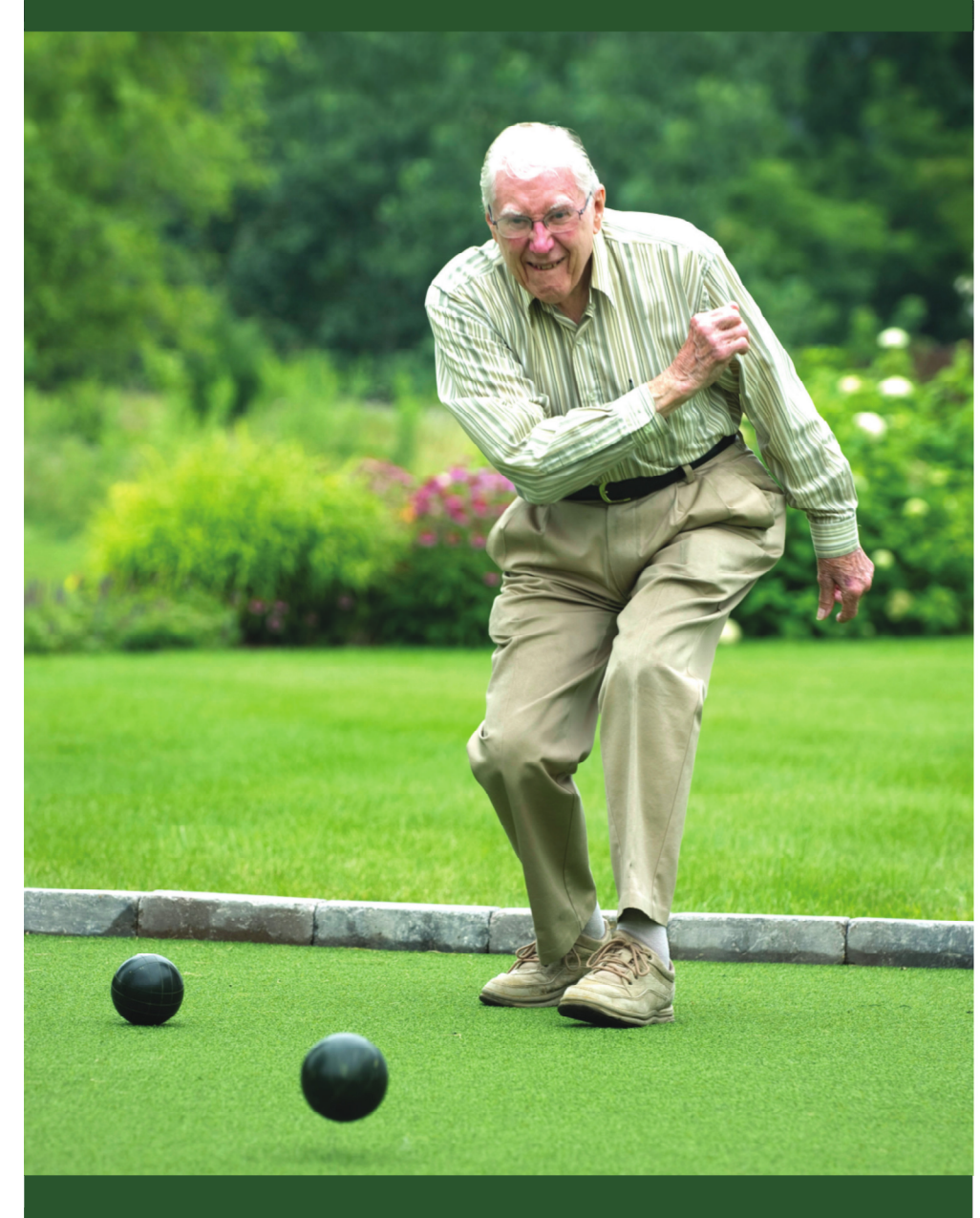
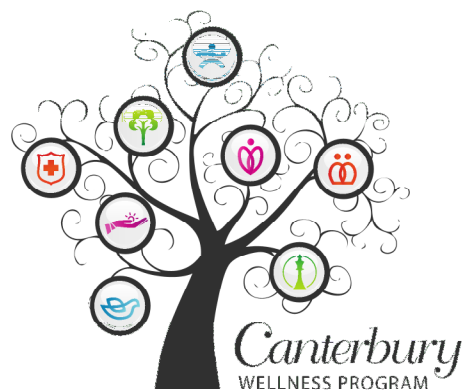
Researchers believe one way it works is by physically changing parts of your chromosomes linked to age-related diseases.

Walk-Aim for 30 minutes every day. If that's too much, break it up into shorter strolls. Regular exercise -- especially if you do it briskly enough to feel a little breathless -- delivers huge health benefits. It helps keep brain cells healthy by delivering more blood and oxygen. In fact, research suggests aerobic exercise may delay or improve symptoms of Alzheimer's disease.

It also helps: Control your weight, boost your mood, keep bones and muscles strong, helps you sleep better, and makes you less likely to get heart disease, type 2 diabetes, high blood pressure, and high cholesterol

Many good reasons to take advantage of our Wellness Fitness classes and our Walking Club!

In good health,
Laura Burmeister
Wellness Coordinator
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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.

