



September 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>If you would like any 1:1 time for stretching, working with weights and/or equipment, please see Wellness Coordinator, Laura Burmeister</p>				<p>11:00 Low Impact Aerobics 11:30 Strength Training</p>	 <p>During the month of September we celebrate Active Aging Week beginning on the 25th, which is a national campaign celebrating active older adults. We have guest fitness instructors coming in, new classes and formats to try, Wellness Seminars, and a special trip plan! Just to name a few. Please look for the schedule later in the month that will be delivered to your door that will include all the fun activities.</p>
<p>3</p> <p>*Summer League will be held outside weather permitting*</p>	<p>4</p> <p>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 Ball League</p>	<p>5</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffleboard League 6:00 Line Dancing</p>	<p>6</p> <p>9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Circuit Class 6:00 Putters League</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>11:00 Low Impact Aerobics 11:30 Strength Training</p>	
<p>10</p>	<p>11</p> <p>8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Virtual Bowling League 6:30 Bocce Ball League</p>	<p>12</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffleboard League 6:00 Line Dancing</p>	<p>13</p> <p>9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Circuit Class 6:00 Putters League</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>10:00 NATURE WALK ROCHESTER PARK 11:00 Low Impact Aerobics 11:30 Strength Training</p>	
<p>17</p>	<p>18</p> <p>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 Ball League</p>	<p>19</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffleboard League 6:00 Line Dancing</p>	<p>20</p> <p>9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Circuit Class 6:00 Putters League</p>	<p>21</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>22</p> <p>11:00 Low Impact Aerobics 11:30 Strength Training</p>	
 <p>24</p>	<p>25</p> <p>8:30 Rise and Shine 9:45 Line Dancing 11:00 Low Impact Aerobics 11:30 Strength Training *1:00 Virtual Bowling League 6:00 Bocce Ball League</p>	<p>26</p> <p>11:00 Balance & Stretch 2:15 Walking Club meet in Wellness Center 6:00 Shuffleboard League 6:00 Line Dancing</p>	<p>27</p> <p>9:00 Water Aerobics 11:00 Low Impact Aerobics 11:30 Strength Training 2:00 Circuit Class 6:00 Putters League</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>10:00 FALL NATURE WALK INDEPENDENCE OAKS 11:00 Low Impact Aerobics 11:30 Strength Training</p>	



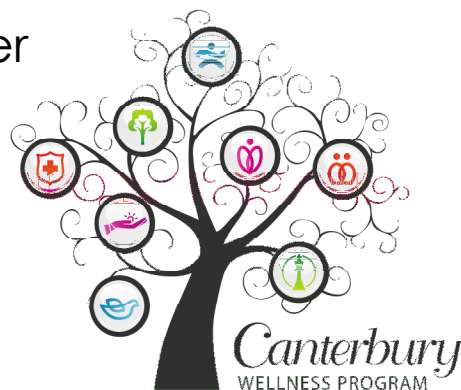
As we enter in the fall season I will keep our Nature Walks on the calendar (weather permitting.) Fall is a great time of year to view all of Mother Nature beauty in many colors of autumn. If you have a park you would like to walk that we haven't tried, please let me know. Looking forward to our fall time nature walks!

We will continue our summer league play, also weather permitting and as we do each year we will have a summer sports banquet in October.

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.

