

Wellness Calendar

Independent Living

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
November 2023 		1 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group 1pm Chair Exercise N. Hampton	2 9:00 Walk the Campus 9-11 Open Swim 10am Cardio Drums 11am Water Exercise for Arthritis 2pm Chair Volleyball 1-3pm Open Swim	3 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group
	6 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group 1pm Chair Exercise N. Hampton	7 9-11 Open Swim NEW! 10am Brain Boost Indoor Walk 11am Water Exercise for Arthritis 1pm Chair Volleyball 1-3pm Open Swim	8 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group 1pm Chair Exercise N. Hampton	9 9:00 Walk the Campus 9-11 Open Swim 10am Cardio Drums 11am Water Exercise for Arthritis 2pm Chair Volleyball 1-3pm Open Swim
	13 Wellness Office CLOSED	14 9-11 Open Swim 10am Chair Line Dancing 11am Water Exercise for Arthritis 1pm Chair Volleyball 1-3pm Open Swim	15 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group 1pm Chair Exercise N. Hampton	16 9:00 Walk the Campus 9-10 Open Swim 10am Cardio Drums 11am Water Exercise for Arthritis 2pm Chair Volleyball 1-3pm Open Swim
	20 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group 1pm Chair Exercise N. Hampton	21 9-11 Open Swim 10am Brain Boost Indoor Walk 11am Water Exercise for Arthritis 1pm Chair Volleyball 1-3pm Open Swim	22 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group 1pm Chair Exercise N. Hampton	23 
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27 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group 1pm Chair Exercise N. Hampton	28 9-11 Open Swim 10am Charades 11am Water Exercise for Arthritis 1pm Chair Volleyball 1-3pm Open Swim	29 9am Water Aerobics 10am Strength & Balance Exercise 11am Water Walking Group 1pm Chair Exercise N. Hampton	30 9:00 Walk the Campus 9-10 Open Swim 10am Cardio Drums 11am Water Exercise for Arthritis 2pm Chair Volleyball 1-3pm Open Swim	 Believe in Living Better.

Please call to sign up for Cardio Drums

Have questions about the programs? Need help deciding which would be the best fit for you?
Check the back of the calendar for descriptions of each program or call Angel at 540-777-1459

Water exercise and Strength & Balance exercise programs are open to non-residents with Silver Sneakers or Renew Active

Wellness Class Descriptions

Strength & Balance Exercise Silver Sneakers & Renew Active accepted (45 mins): Have fun and move to the music through a variety of exercises designed to increase muscular strength, balance, endurance and range of motion to help with activities of daily living. Handheld weights, elastic tubing with handles and a Silver Sneakers ball are offered for resistance. A chair is available if needed for seated or standing support.

Water Aerobics Silver Sneakers & Renew Active accepted (45 mins): **MONTHLY SIGN-UP SHEET FOR SEPTEMBER LOCATED IN THE POOL AREA.** Fun, shallow water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required. Aquatic equipment is used to improve strength, balance and coordination.

Water Exercise for Arthritis Silver Sneakers & Renew Active accepted (45 mins): **MONTHLY SIGN UP SHEET FOR SEPTEMBER LOCATED IN THE POOL AREA.** Water exercise class with low-impact movements at a slower pace than the Water Aerobics class. The water provides a gentle resistance that can help strengthen muscles without putting stress on the joints. No swimming ability is required. Aquatic equipment is used to improve strength, balance and coordination.


Water Walking Group Silver Sneakers & Renew Active accepted (45 mins): Did you know that one mile of walking in the water is equal to two miles on land and can burn twice as many calories? Water walking provides resistance while also reducing joint stress, which helps to build strength and improve cardiovascular health. Being in the water can also have an overall calming effect, making it a great way to reduce stress and improve overall well-being. Walking program and music will be provided.

Open Swim Silver Sneakers & Renew Active accepted: Pool is open to non-residents during these designated hours as well as to residents. Residents - please note that the pool is always open for your use any time it is not otherwise reserved.


Chair Exercise (30 mins): Chair based exercises to help maintain strength and flexibility. Some examples include ankle circles, seated march, arm circles, and seated leg lifts. Classes are held in the community room and at North Hampton on designated days.

Chair Volleyball (45 mins): Great for upper body flexibility, hand-eye coordination and reflexes, chair volleyball is a fun and low-impact way to exercise. Chair volleyball is played using a beachball. Held in the community room.

Walk the Campus (30 mins): Come join the fun of the fresh outdoors with these group walks. Group will meet at the back side of the Residents' Center by the picnic tables to walk the campus. Weather permitting.

Walk the Greenway (30 mins):  **PLEASE CALL TO SIGN UP!** Come enjoy the fresh outdoors with these group walks on the Greenway. Walk at your own pace on a paved path. Please note - there will be slight inclines and declines on some parts of the path. Seating on the bus is limited - please call Angel to sign up at 540-777-1459. Weather permitting.

Brain Boost Indoor Walk (30 mins): Low impact exercise class for your body and your brain. We will follow various walking routines (seated or standing) while watching videos to improve our brain health and mood. Suitable for all fitness levels. Held in the Community Room.

Cardio Drumming (30 mins):  **PLEASE CALL TO SIGN UP!** Fun and requires no training! This is a seated workout using exercise balls and drumsticks to the beat of music. Incorporates sufficient movement to be a whole-body workout while remaining seated. Equipment is limited - please call Angel to sign up at 540-777-1459.

CHAIR Line Dancing: Friendship residents Cheryl Skinner, Nancy Adams and Jim Skinner teach a chair line dancing class open to ALL ability levels! Bring your rollators AND your dancing shoes for this fun chair based line dancing class. All residents are encouraged to come watch and participate as you wish, either seated or standing. Held in the Community Room.

Line Dancing: Friendship residents Jim and Cheryl Skinner teach a line dancing class. Residents are encouraged to come watch and participate as you wish. Held in the Community Room.

Shag Dancing: Friendship residents Jim and Cheryl Skinner teach a shag dancing class. Residents are encouraged to come watch and participate as you wish. Held in the Community Room.