

**Black = Wellness Area**  
**Green = Other Specified Areas on Campus**

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|---|---|---|--|--|---|
| <b>8:30-9:00 am</b><br>Tai Chi for Arthritis  | <b>8:30-9:15 am</b><br>Tighten and Tone                                     | <b>7:30-9:00 am</b><br>Beach Walk<br>at the Boardwalk               | <b>8:30-9:15 am</b><br>Tighten and Tone  | <b>8:30-9:15 am</b><br>Chair Yoga  | <b>8:30-9:15 am</b><br>Tai Chi for Arthritis                  |
| <b>9:00-9:45 am</b><br>Aqua Fitness   | <b>9:00-9:45 am</b><br>Aqua Fitness   | <b>9:00-9:45 am</b><br>Aqua Fitness                                 | <b>9:00-9:45 am</b><br>Aqua Fitness  | <b>9:00-9:45 am</b><br>Aqua Fitness  |   |
| <b>10:45-11:30 am</b><br>C.L.I.M.B.   | <b>9:30-10:15am</b><br>Top Half Tune Up                                     | <b>9:30-10:15 am</b><br>Stretch & Breathe<br>in the Club 101 Lounge | <b>9:30-10:15am</b><br>Top Half Tune Up  | <b>10:00-10:45 am</b><br>Stretch & Breathe<br>in the Club 101 lounge<br>(No class on April 20) | <b>9:30-10:15 am</b><br>Belly Dancercise with<br>Liz Callaway |
|   | <b>11:00-11:30 am</b><br>Introduction to Exercise<br>(No class on April 10) |   | <b>11:00-11:30 am</b><br>Introduction to Exercise                              | <b>11:00-11:30 am</b><br>Introduction to Exercise  | <b>10:45-11:30am</b><br>C.L.I.M.B.                            |
|   | <b>1:15-2:30 pm</b><br>Sing Along in the<br>Oaks Living Room                | <b>11:00-11:30 am</b><br>Introduction to Exercise                   | <b>1:15-2:30 pm</b><br>Sing Along in the<br>Oaks Living Room                   | <b>11:45-12:15 pm</b><br>Blood Pressure Checks<br>April 6 and 20 at Club 101                   |   |
|   | <b>1:15-2:00 pm</b><br>Poundfit<br>(No class on April 10)                   | <b>1:15-1:50 pm</b><br>C.L.I.M.B.                                   | <b>1:15-2:00 pm</b><br>Poundfit  | <b>1:15-1:50 pm</b><br>C.L.I.M.B.  | <b>1:15-2:00 pm</b><br>Poundfit                               |
| <b>2:15-2:45 pm</b><br>Functional Fitness<br>(patterned after Silver Sneakers)      | <b>2:15-3:30pm</b><br>Advanced Wii Bowling<br>(by appointment only)         |   | <b>2:15-3:00 pm</b><br>Functional Fitness<br>(patterned after Silver Sneakers) | <b>1:15-2:45 pm</b><br>WAVES<br>(by appointment only)  |   |
| <b>3:15-4:15 pm</b><br>Brain Sharpeners in the<br>Palmetto Room<br>(April 9 and 23) |   | <b>3:15-4:00 pm</b><br>Trivia in the<br>Sand Dollar Café            | <b>3:15 -4:00 pm</b><br>Wii Bowling  | <b>2:00 -3:00 pm</b><br>Equipment Room<br>Instruction  | <b>2:15-3:00 pm</b><br>Functional Fitness                     |
| <b>3:15-4:15 pm</b><br>Mindful Monday<br>(April 2, 16 and 30)                       | <b>3:15-4:00 pm</b><br>Wii Jeopardy in the<br>Palmetto Room                 | <b>3:15-4:00 pm</b><br>Tai Chi for Arthritis                        | <b>3:15-4:00 pm</b><br>Wii Jeopardy in the<br>Palmetto Room                    | <b>3:15-4:00 pm</b><br>Trivia in the<br>Sand Dollar Café                                       |   |

- There will be no regular Wellness Classes on **Thursday, April 19th** as we celebrate our **Signature Event, "April in Paris"**.
- There is no **Poundfit Class** on **Tuesday, April 10th** due to our monthly Wellness Committee Meeting.
- There will be no **Stretch and Breathe class** on **Friday, April 20th**.
- Please remember to check the Wellness Bulletin Board for any updates to the Wellness Schedule.

## MEET THE WELLNESS TEAM



(843) 903-8959

SParrotta@  
Brightwater-Living.com

**Wellness Director,  
Susan Parrotta**  
**Certified in:**

American Council on Exercise (ACE)  
Certified Personal Trainer  
Aerobics and Fitness Association  
Certified Group Fitness Instructor  
(AFAA)  
Tai Chi for Arthritis Instructor  
American Council on Exercise (ACE)  
Medical Exercise Specialist  
Certified Poundfit Pound Professional  
Certified Dementia Practitioner  
(National Council of Certified  
Dementia Practitioners)

## Wellness at The Retreat

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY                                      |
|--|--|--|--|--|---|
| <b>10:00-10:45 am</b><br>Music in the Cypress  | <b>10:30-11:30 am</b><br>Moving in the Magnolias | <b>10:00-11:00 am</b><br>Music in the Cypress    | <b>10:00-11:00 am</b><br>Music in the Cypress    | <b>9:30-10:30 am</b><br>Music in the Cypress                       | <b>9:30-10:30 am</b><br>Music in the Cypress  |
|  | <b>10:45-11:30 am</b><br>Fun in the Oaks         | <b>10:30-11:30 am</b><br>Moving in the Magnolias | <b>10:30-11:30 am</b><br>Moving in the Magnolias | <b>10:30-11:30 am</b><br>Moving in the Magnolias                   |   |
| <b>1:15-2:00 pm</b><br>Moving in the Magnolias | <b>1:15-2:30 pm</b><br>Sing Along in the Oaks    | <b>10:45-11:30 am</b><br>Fun in the Oaks         | <b>10:45-11:30 am</b><br>Fun in the Oaks         | <b>10:45-11:30 am</b><br>Fun in the Oaks<br>(No class on April 23) |   |
|  | <b>3:30-4:30 pm</b><br>Music in the Cypress      | <b>1:15-1:45 pm</b><br>Strolling in the Oaks     | <b>1:15-2:30 pm</b><br>Sing Along in the Oaks    | <b>3:15-4:30 pm</b><br>Healthcare Walking Club                     | <b>3:30-5:00 pm</b><br>Music in the Magnolias |



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**Wellness Associate,  
Shonda Gibson**  
**Certified in:**

Bachelor of Science Degree in  
Public Health  
Aerobics and Fitness Association  
Certified Group Fitness Instructor  
(AFAA)



## CLASS DESCRIPTIONS

**Advanced Wii Bowling:** See Susan or Shonda to join this league of advanced bowlers.

**Aqua Fit:** Jump right in... the water feels great! With a mix of flexibility, strength training, balance and cardio exercises, emerge from the pool feeling energized and toned. Water shoes recommended but not required.

**Beach Walk at the Boardwalk:** Meet at the concierge at 7:30 Sharp for the bus ride to the boardwalk at 2nd Avenue Pier where you can walk on the beach, walk on the boardwalk, or take the elevator to the pier restaurant and have breakfast at the beach!

**Belly Dancercize with Liz Callaway:** Move your entire body to hypnotic rhythms from around the world. Gain flexibility and strength, improve circulation and range of motion and regain agility and balance. Modifications will be demonstrated for seated participants. Comfortable clothing and soft-soled shoes are recommended. All are welcome! Join in or come to enjoy the music and dance.

**Blood Pressure Checks in the Starfish Lounge:** Come have your vitals taken every other week to keep a running check. Copies can be made to take when you visit your physicians.

**Brain Sharpeners:** Join us on the 2nd and 4th Mondays in the Palmetto Room for some "hands-on" brain-sharpening activities.

**Chair Yoga:** Join us for a relaxing chair workout that unites mind, body, and breath. This class helps improve strength, flexibility, proper body alignment, circulation, and lung capacity.

**C.L.I.M.B.:** Confidence, Longevity, In-

dependence, Mobility and Balance are the goals of this lower-body strength and flexibility class.

**Equipment Room Instruction:** A Wellness Instructor is on hand in the Equipment Room at this time to help you with the machines and exercises.

**Fun in the Oaks:** Punch ball and light exercises to improve functionality in daily life. Join us as we improve our strength, stamina, flexibility and balance.

**Functional Fitness:** The focus of this class, patterned after Silver Sneakers, is to improve balance and the functional movements involved in daily living.

**Healthcare Walking Club:** We're rounding up walkers starting in the Oaks and moving down to Cypress and Magnolia's. We'll walk inside and/or outside as weather permits.

**Introduction to Exercise:** This class is for those new to exercise and a good place to start on a healthy lifestyle if you've never exercised before or those who are just getting back to exercise after physical or occupational therapy. The 12 exercises of the Otago Program (which is supported by the FDA) have been proven to reduce falls and are included.

**Mindful Mondays:** Join us in the Palmetto Room on the 1st, 3rd, and 5th Mondays for a featured speaker or a group discussion on topics from politics to living The Weller Life®.

**Moving in the Magnolias:** Take a stroll, play ball, stretch, or do Tai Chi in the Magnolias for a fun way to get moving. On Saturdays, please join us at 3:15 for Sing Along.

**Music in the Cypress:** Move to music, play noodle ball, or go outside for an energy boost.



**Pound Fit:** Gradually warm-up, then groove to the beat for 30 minutes of cardio and total body conditioning using drumsticks called Ripstix. Finish off with a cool-down with stretch!

**Sing-Along:** Calling all music lovers! Join us in the Oaks Living Room as we sing and reminisce through some of your favorite songs.

**Stretch & Breathe:** This seated class held in the Club 101 Lounge involves a brief warm up and thorough stretch of individual muscle groups. Deep breathing is incorporated to relax the mind and body.

**Strolling in the Oaks:** Meet at the Assisted Living Oaks Concierge for an inside after-lunch stroll. If the weather is nice we'll go outside!

**Tai Chi for Arthritis:** Tai Chi with its gentle, flowing movements, unites mental concentration and movement to improve muscle strength, balance, flexibility and promotes a positive mindset. It is a slower paced type of exercise that is appropriate for those with or without arthritis.

**Tighten and Tone:** Increase flexibility, range of motion and strength. Dumbbells, weighted balls and bars, bendable bars, resistance tubing, or stability balls are incorporated into a total body workout.

**Top Half Tune-Up:** Upper-body resistance exercises using free weights, resistance bands or weighted balls that will tune up your top half (upper body).

**Trivia in the Sand Dollar Café:** Join us in the Sand Dollar Café for this lighthearted afternoon trivia session where we learn and share some interesting facts.

**WAVES:** Are you interested in aqua classes but worried about not being able to see or hear the instructor or move about easily? See Susan or Shonda to schedule a 30 minute one-on-one water session.

**Wii Bowling:** Easy to learn and lots of fun, it involves minimal standing or may be done seated.

**Wii Jeopardy in the Palmetto Room:** Work together to get the right questions to the Jeopardy answers.



## APRIL 2018

## WELLNESS SCHEDULE

*Spa & Salon*

Call Rejuvenate 843-236-7384 to schedule a hair appointment or a massage.

  
**BRIGHTWATER**