

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:00 am Tai Chi for Arthritis	8:30-9:15 am Tighten and Tone	7:30-9:00 am Beach Walk at the Boardwalk	8:30-9:15 am Tighten and Tone	8:30-9:15 am Mat Class	8:30-9:15 am Tai Chi for Arthritis
9:00-9:45 am Aqua Fitness	9:00-9:45 am Aqua Fitness	9:00-9:45 am Aqua Fitness	9:00-9:45 am Aqua Fitness	9:00-9:45 am Aqua Fitness	
10:45-11:30 am C.L.I.M.B.	9:30-10:15am Top Half Tune Up	10:00-10:45 am Stretch & Breathe in the Club 101 Lounge	9:30-10:15am Top Half Tune Up	10:00-10:45 am Stretch & Breathe in the Club 101 lounge (No class on July 20)	9:30-10:15 am Stretch & Breathe in the Club 101 lounge
	11:00-11:30 am Introduction to Exercise (No class on July 10)		11:00-11:30 am Introduction to Exercise	11:00-11:30 am Introduction to Exercise	10:45-11:30am C.L.I.M.B.
	1:15-2:30 pm Sing Along in the Oaks Living Room	11:00-11:30 am Introduction to Exercise	1:15-2:30 pm Sing Along in the Oaks Living Room	11:45-12:15 pm Blood Pressure Checks July 13 and 27 at Club 101	
	1:15-2:00 pm Functional Fitness (patterned after Silver Sneakers)	1:15-1:50 pm C.L.I.M.B.	1:15-2:00 pm Functional Fitness (patterned after Silver Sneakers)	1:15-1:50 pm C.L.I.M.B.	1:15-2:00 pm Functional Fitness
2:15-2:45 pm Poundfit	2:15-3:30pm Wii Bowling		2:15-3:00 pm Poundfit	1:15-2:45 pm WAVES (by appointment only)	
3:15-4:15 pm Brain Sharpeners (July 2 and 30)		3:15-4:00 pm Trivia in the Sand Dollar Café	3:15 -4:00 pm Advanced Wii Bowling (by appointment only)	2:00 -3:00 pm Equipment Room Instruction	2:15-3:00 pm Poundfit (patterned after Silver Sneakers)
3:15-4:15 pm Mindful Monday (July 9, 16, and 23)	3:15-4:00 pm Wii Jeopardy in the Palmetto Room	3:15-4:00 pm Tai Chi for Arthritis	3:15-4:00 pm Wii Jeopardy in the Palmetto Room	3:15-4:00 pm Trivia in the Sand Dollar Café	

- There will be no regular Wellness Classes on **Thursday, July 12th** as we celebrate our **Signature Event, "Aloha"**.
- There is no **Introduction to Exercise** on **Tuesday, July 10th** due to our monthly Wellness Committee Meeting.
- Our new monthly **Bereavement Counseling Group (July 5th)** meets on the **1st Thursday of every month at 10:00am** in the **Assisted Living Private Dining Room**.
- There will be no **Stretch and Breathe class on Friday, July 20th**.
- Please remember to check the Wellness Bulletin Board for any updates to the Wellness Schedule.

Wellness at The Retreat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00-10:45 am Music in the Cypress	10:00-11:00 am Moving in the Magnolias	10:00-11:00 am Music in the Cypress	10:00-11:00 am Music in the Cypress	9:30-10:30 am Music in the Cypress	9:30-10:30 am Music in the Cypress
	10:45-11:30 am Fun in the Oaks	10:00-11:00 am Moving in the Magnolias	10:00-11:00 am Moving in the Magnolias	10:00-11:00 am Moving in the Magnolias	
1:15-2:00 pm Moving in the Magnolias	1:15-2:30 pm Sing Along in the Oaks	10:45-11:30 am Fun in the Oaks	10:45-11:30 am Fun in the Oaks	10:45-11:30 am Fun in the Oaks (No class on July 29)	
	3:30-4:30 pm Music in the Cypress	1:15-1:45 pm Strolling in the Oaks	1:15-2:30 pm Sing Along in the Oaks	3:15-4:30 pm Healthcare Walking Club	3:30-5:00 pm Music in the Magnolias



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!

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 in the Palmetto Room for some "hands-on" brain sharpening activities.

C.L.I.M.B.: Confidence, Longevity, Independence, 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.

Mat Class: Resist gravity to tone your entire body working on a floor mat! This class is excellent for core stability.

Mindful Mondays: Join us in the Palmetto Room 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



Wellness Director, Susan Parrotta

(843) 903-8959 | SParrotta@Brightwater-Living.com

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 Associate, Shonda Gibson

(843) 903-8959 | SGibson@Brightwater-Living.com

Certified in:

Bachelor of Science Degree in Public Health
Aerobics and Fitness Association Certified Group Fitness Instructor (AFAA)
Certified Dementia Practitioner (National Council of Certified Dementia Practitioners)

groups. Deep breathing with yoga movements are 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.

Spa & Salon

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



JULY 2018

WELLNESS SCHEDULE


BRIGHTWATER