

SENIOR CENTER ACTIVITIES

Melt

Did you wake up this morning feeling like your feet or low back were a little stiff? If this sounds familiar, then this MELT Class is for you. In this 8-week session, all-levels class you will learn the primary cause of pain and will be taught simple, self-care techniques you can do at home to remain active, healthy and pain-free for life. Using specialized soft body rollers and small MELT Hand and Foot Treatment Balls to simulate the results of manual therapy, you will learn how to reduce inflammation, ease chronic neck and low-back strain, and more. The MELT Method was developed for the general public as a self-care tool to prevent and relieve chronic pain. It's an essential addition to any wellness or fitness routine.

Day: Wednesdays

Time: 11:00AM

Instructor: Liron Weiss

New Functional Fitness Melt Class

If you can't get up and down from the floor or have any unique conditions; such as walking with a cane or in a wheel chair, have severe back pain, this MELT class is for you! This class will mostly use the specialized MELT Hand and Foot Treatment Balls to stimulate your connective tissue and nervous system.

Days: Wednesdays

Time: 10:00AM

Starts January 11

Core Strength

Are you wanting to bring more power to athletic pursuits? Build up your strength, balance and flexibility? Or are you simply hoping to make every day acts like bending, turning, and reaching easier?

A strong flexible core helps all these goals. Core muscles need to be strong, yet flexible, and Core Strength is a great fitness program to achieve these goals.

Please add these things to the brochure.

Days: Thursdays

Time: 2:00PM

Instructor: Video

Tai Chi I & Tai Chi II

Tai Chi classes are offered at the Verona Senior Center by Jody Curley, M.A., designated a Master Instructor by her teacher of over 30 years, Grandmaster William C.C. Chen of New York City. Tai Chi Chuan originated in China hundreds of years ago as a health practice, meditation and self-defense art, and it is now practiced principally for improvement and maintenance of balance, mobility, strength, range of motion and stress management. Many studies have verified its health benefits. Tai chi is gentle to joints, slow enough that it helps to prevent injury while exercising, and when coordinated with breathing, it becomes a moving meditation. It can be adapted to make it accessible to people with a wide variety of limitations and special needs. And it feels good!

Days: Fridays

Time: 10:00 & 11:15AM

Instructor: Deb Stevens

Line Dancing

Join our class and meet some of the most fun and sassy seniors in the Verona area for an hour of line dancing and fun. Beginners are always welcome! Register now for the next 8 week series.

Days: Thursdays

Time: 3:30PM

Instructor: Marlene Cordes

Senior Fitness Classes

Fitness training is an important aspect of senior health for both men and women. The main goal of Shannon's classes is to improve your quality of life. She wants you to be able to walk reasonable distances without tiring, walk up and down stairs without difficulty, and be able to play with your grandchildren without problems getting down on the floor and back up again. She stresses fitness not only for mobility but also for fall prevention.

To achieve these goals, the 1-hour classes involve whole body workouts with a common theme of strengthening your body's core muscles. The classes typically involve four components.

Strength training – Strength training involves using light-weight dumbbells, bands, and stability balls. Participants across all strength levels can participate.

Balance – Exercises are performed that target and strengthen the balancing muscles in the core, ankles, and hips.

Flexibility – Flexibility is targeted through stretching exercises which may involve gentle yoga or chair yoga.

Cardiovascular endurance – Cardiovascular endurance is improved through functional fun movements and may involve walking, dancing, and even boxing exercises.

Classes are open to seniors of all levels—beginners to advanced. No prior exercise experience is necessary. The exercises can be performed standing or modified to enable you to perform them while sitting in a chair. Participants are encouraged to work at their own pace and listen to their body.

Shannon has been teaching senior fitness classes for over 3 years. She has taken continuing education classes to earn certifications in stability, balance and the cognitive function of seniors.

CHAIR YOGA

Days: Thursdays

Time: 9:50AM

KEEPING FIT

Days: Mondays &
Thursdays

Time: 8:45AM

YOGA

Days: Fridays

Time: 8:45AM

All of these 8 week exercise classes are \$35. To find out the start date for these classes, please contact the Senior Center at 845-7471.

SENIOR CENTER ACTIVITIES

Foot Care Clinic

Appointments must be made in advance. The cost is \$20.00, payable to Home Health United. Please bring (2) towels for your own use. Fingernails can also be done at the same appointment time for an additional \$10.

Mondays Appointments begin at 8:45 AM

Diabetic Foot Care

Call early! Appointments are required and fill quick-ly. The cost is \$28.00 per visit, payable to Home Health United. Please bring 2 towels with you to your appointment.

4th Monday of the Month

Appointments begin at 8:45 AM

Foot Reflexology

The therapist applies pressure with thumb and finger to ends of nerves to help bring about increased circulation, a balancing effect, and a relaxation which enhances general well-being. 30-minute session for \$20; 1 hour, \$40. Appointment needed.

1st Tuesday of the Month

3rd Thursday of the Month

Appointments begin at 8:45 AM

Chair Massage

Enjoy the benefits of a massage of the neck, head, back, shoulders, and arms. A 15-minute session is \$10.00; a

30-minute session is \$20.00. Call 845-7471 to schedule an appointment.

Tuesdays: Except First Tuesday

Appointments begin at 8:45 AM

Nurse Barbara

Barbara does blood pressure and glucose checks, weigh-ins, and informal discussions of your health and nutritional goals and concerns. Most of the services available with Nurse Barbara are on a "drop-in" basis, but you can call the Senior Center, 845-7471, if you would like to make an appointment for a private consultation.

Wednesdays from 9:30 AM-2:00 PM

Club 108

Club 108 is a program for individuals with early memory loss. There is no cost for the Club. We currently have openings for this program. If you are interested in enrolling or have questions, please contact our case manager, Becky Losby, at 845-7471.

Every Wednesday 10:00-11:30 AM

1st & 3rd Tuesdays

(During Caregivers Support)

Low Vision Support Group

Join Rita Martin for this once a month support group for those care for or those effected by low vision.

This group will meet the second Tuesday of each month. 2nd Tuesday of the Month

10:30 AM

Veterans Club

All branches and all age groups are welcome. Please call Becky Losby with any questions at 845-7471.

3rd Thursday of the Month

3:00 PM

Caregivers Support Group

This group meets on the first and third Tuesday of the month. All caregivers or former caregivers are welcome! RSVP not required; however, if you need transportation please call Becky at 848-0432.

1st & 3rd Tuesday of the Month

10:00 AM

These activities are organized through the Verona Senior Center. If you have any questions regarding Senior Center activities or services, please contact the Senior Center at 845-7471

