

# 10 WAYS TO LOVE YOUR BRAIN



**START NOW.** It's never too late or too early to incorporate healthy habits.



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THE BRAINS BEHIND SAVING YOURS.®

# FIT & WELL NEWSLETTER

FITNESS DEPARTMENT

EXT. 2015

**MAY / JUNE**

**Come Alive in 2025?**

## Important Info:

\*Zumba Gold class will now be offered one or two times monthly. Instead of a monthly charge, a \$5 per class rate will apply to participating residents. All are welcome to enjoy this program.

\*\*Please know classes led by Ling Hanson will meet via ZOOM during May 5– 20.

May 28: **National Senior Health & Fitness Day** with the Fitness Dept. as we take a trip to Down's Memorial Park for outdoor exercise, hiking and more. Sign up in the trip book.

Jun. 6: **PUNCHES FOR PARKINSON'S**

Jun. 7: **Moving Day at UMBC to raise awareness and support our peers in the FIGHT AGAINST PARKINSON'S.**

Jun. 20: **Annual CAR WASH Fundraiser**

## National Senior Health & Fitness Day



**Wednesday, May 28th** celebrates the 32nd Anniversary of National Senior Health & Fitness Day. The significance of this day is to promote the importance of regular physical activity for older adults, encourage the aging population to engage in some sort of an active lifestyle, as well as commend those who make fitness a priority in their lives.

Each year on this day, the Fitness Department commemorates with a number of wellness activities for residents to enjoy. This year, we ask that you join us for a day trip at the historic Down's Park (*in Pasadena, MD*) for outdoor exercise, hiking, a scenic scavenger hunt and mid-day lunch. If interested, please sign up in the trip book before all the spaces fill up.

## Come Alive in 2025!

We are still attempting to live our lives to the fullest by *Coming Alive in 2025*. In what ways, have you *come alive* thus far? What other ways can you find yourself *Coming Alive* through the many aspects of your life—fitness, social, emotional, etc? Direct your path in the way you want it to go and *Come Alive in 2025*.





Fill in the blank:

I come alive through (my) area of your life you want to change and I will actions you will take to change.

(Apply this statement to any aspect of your life; Commit to it; and see how you become more ALIVE.)



MAY GROUP EXERCISES & FITNESS SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>MARYLAND SENIOR OLYMPICS</b>  <b>2025 REGISTRATION IS OPEN!</b> SEASON RUNS MAY 7 TO OCT. 26		If interested in participating in this year's MSO, please scan the QR code for more details and registration information OR consult the Fitness staff. Over 30 sports including pickleball, track & field swimming, bowling, corn-hole & more.		Pickleball 9AM <b>1</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> Sit & Be Fit 11AM HC Exercise 1:30PM <b>Resident Tap Dance 3PM</b>	Pickleball 9AM <b>2</b> <b>Resident Walking Group 9AM</b> Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM <b>3</b> 
Pickleball 9AM <b>4</b>	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (ZOOM)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	Pickleball 9AM <b>6</b> <b>GYF w/Eccentric Mvmt 9:45AM (ZOOM)</b> <b>Chair Yoga 11AM (ZOOM)</b> <b>Wii Bowling 12PM</b> Walking w/ Rollators 1:30pm	Advanced Toning & Sculpt 9:15AM <b>Fitness Combo 11AM</b> <b>Rock Steady Boxing 1PM (\$)</b>	Pickleball 9AM <b>8</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> Sit & Be Fit 11AM HC Exercise 1:30PM <b>Resident Tap Dance 3PM</b>	Pickleball 9AM <b>9</b> <b>Resident Walking Group 9AM</b> Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM <b>10</b> 
Pickleball 9AM <b>11</b>	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (ZOOM)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	Pickleball 9AM <b>13</b> <b>GYF w/Eccentric Mvmt 9:45AM (ZOOM)</b> <b>Chair Yoga 11AM (ZOOM)</b> <b>Wii Bowling 12PM</b>	Advanced Toning & Sculpt 9:15AM <b>Fitness Combo 11AM</b> <b>Rock Steady Boxing 1PM (\$)</b>	Pickleball 9AM <b>15</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> Sit & Be Fit 11AM HC Exercise 1:30PM <b>Resident Tap Dance 3PM</b>	Pickleball 9AM <b>16</b> <b>Resident Walking Group 9AM</b> Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM <b>17</b> Zumba Gold 11:15AM (w/Leilani) (\$)
Pickleball 9AM <b>18</b>	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (ZOOM)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	Pickleball 9AM <b>20</b> <b>GYF w/Eccentric Mvmt 9:45AM (ZOOM)</b> <b>Chair Yoga 11AM (ZOOM)</b> <b>Wii Bowling 12PM</b> Walking w/ Rollators 1:30pm	Advanced Toning & Sculpt 9:15AM <b>Fitness Combo 11AM</b> <b>Rock Steady Boxing 1PM (\$)</b>	Pickleball 9AM <b>22</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> HC Exercise 1:30PM <b>NO Sit &amp; Be Fit</b> <b>NO Resident Tap</b>	Pickleball 9AM <b>23</b> <b>Resident Walking Group 9AM</b> Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM <b>24</b>
Pickleball 9AM <b>25</b>	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (w/Ling) (\$)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	Pickleball 9AM <b>27</b> <b>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$)</b> <b>Chair Yoga 11AM (w/Ling) (\$)</b> <b>Wii Bowling 12PM</b>	 <b>TRIP TO DOWN'S PARK</b> <b>ALL FITNESS CLASSES CANCELLED</b>	Pickleball 9AM <b>29</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> Sit & Be Fit 11AM HC Exercise 1:30PM <b>Resident Tap Dance 3PM</b>	Pickleball 9AM <b>30</b> <b>Resident Walking Group 9AM</b> Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM <b>31</b>

JUNE GROUP EXERCISES & FITNESS SCHEDULE						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pickleball 9AM <b>1</b> 	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (w/Ling) (\$)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	Pickleball 9AM <b>3</b> <b>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$)</b> <b>Chair Yoga 11AM (w/Ling) (\$)</b> <b>Wii Bowling 12PM</b> Walking w/ Rollators 1:30pm	Advanced Toning & Sculpt 9:15AM <b>Fitness Combo 11AM</b> <b>Rock Steady Boxing 1PM (\$)</b>	Pickleball 9AM <b>5</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> Sit & Be Fit 11AM HC Exercise 1:30PM <b>Resident Tap Dance 3PM</b>	Pickleball 9AM <b>6</b> <b>Resident Walking Group 9AM</b> Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM <b>PUNCHES FOR PARKINSON'S 11:00AM</b>	Pickleball 9AM <b>7</b>  <b>Bus departs at 8:45am for UMBC; Returns by 12:30pm</b>
Pickleball 9AM <b>8</b>	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (w/Ling) (\$)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	Pickleball 9AM <b>10</b> <b>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$)</b> <b>Chair Yoga 11AM (w/Ling) (\$)</b> <b>Wii Bowling 12PM</b>	Advanced Toning & Sculpt 9:15AM <b>Fitness Combo 11AM</b> <b>Rock Steady Boxing 1PM (\$)</b>	Pickleball 9AM <b>12</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> Sit & Be Fit 11AM HC Exercise 1:30PM <b>Resident Tap Dance 3PM</b>	Pickleball 9AM <b>13</b> <b>Resident Walking Group 9AM</b> Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM <b>14</b>
Pickleball 9AM <b>15</b>	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (w/Ling) (\$)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	Pickleball 9AM <b>17</b> <b>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$)</b> <b>Chair Yoga 11AM (w/Ling) (\$)</b> <b>Wii Bowling 12PM</b> Walking w/ Rollators 1:30pm	Advanced Toning & Sculpt 9:15AM <b>Fitness Combo 11AM</b> <b>Rock Steady Boxing 1PM (\$)</b>	Pickleball 9AM <b>19</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> <b>NO Sit &amp; Be Fit</b> HC Exercise 1:30PM <b>NO Resident Tap</b>	Pickleball 9AM <b>20</b> <b>Resident Walking Group 9AM</b> <b>NO Adv. Toning</b> Movement & Fun w/JoAnn 10AM <b>CAR WASH 10am- 3pm</b>	Pickleball 9AM <b>21</b> Zumba Gold 11:15AM (w/Leilani) (\$)
Pickleball 9AM <b>22</b>	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (w/Ling) (\$)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	Pickleball 9AM <b>24</b> <b>GYF w/Eccentric Mvmt 9:45AM (w/Ling) (\$)</b> <b>Chair Yoga 11AM (w/Ling) (\$)</b> <b>Wii Bowling 12PM</b>	Advanced Toning & Sculpt 9:15AM <b>Fitness Combo 11AM</b> <b>Rock Steady Boxing 1PM (\$)</b>	Pickleball 9AM <b>26</b> Boot Camp 9AM Balance, Strength & Mobility 10AM <b>Stretch &amp; Flex 10:30AM</b> Sit & Be Fit 11AM HC Exercise 1:30PM <b>NO Resident Tap</b>	Pickleball 9AM <b>27</b> <b>Resident Walking Group 9AM</b> Advanced Toning & Sculpt 9:15AM Movement & Fun w/JoAnn 10AM	Pickleball 9AM <b>28</b> Zumba Gold 11:15AM (w/Leilani) (\$)
Pickleball 9AM <b>29</b> 	Advanced Toning & Sculpt 9:15AM <b>Chair Qigong 10:15AM (w/Ling) (\$)</b> <b>Rock Steady Boxing 1PM (\$)</b> <b>Stretch &amp; Flex 3PM</b> <b>International Folkdance 6:30PM</b>	<div>  <b>BE ON THE LOOKOUT FOR</b>            ♦ <b>2025 Summer Series Group Classes</b>            (Tai Chi , Cognitive Exercise and more Movement &amp; Fun w/ JoAnn)            ♦ <b>September is Fall Prevention Month</b>            (Presentation by Everest Wellness)  <b>SAVE THE DATE:</b>  <b>SATURDAY, SEPTEMBER 27th—WALK TO END ALZHEIMER'S</b> </div>				

All classes taught by Fitness Staff will also offer a virtual option via Zoom. Please contact Fitness Staff to acquire about the link to join the Group Exercise class via Zoom.