FACIAL EXPRESSION EXERCISES TO HELP W/ SYMPTOMS RELATED TO SPEAKING & SWALLOWING

DYNAMIC EYEBROW RAISES

- Sit tall in chair facing forward.
- Proceed to raise your eyebrows as high as you can.
- Slowly return to starting position.
- Repeat for designated number of repetitions.

EYELID CLOSURES

- Sit tall in chair facing forward.
- Proceed to close your eyes tightly with intent.
- Slowly open your eyes returning to the starting position.
- Repeat for designated number of repetitions.

DYNAMIC SMILES

- Sit tall in chair facing forward.
- Proceed to smile as wide as you can while keeping your lips together.
- Slowly return to starting position.
- Repeat for designated number of repetitions.

DATE CORRECTION
WALK TO END ALZHEIMER'S:
Saturday, Sept. 21st
(not 28th)

PUCKER-UPS

- Sit tall in chair facing forward.
- Pucker your lips while keeping your lips together.
- Slowly return to starting position.
- Repeat for designated number of repetitions.

DYNAMIC MOUTH OPENINGS

- Sit tall in chair facing forward.
- Proceed to open the mouth as wide was you can.
- Begin to relax and move the mouth to form a small "o" in front of you.
- Repeat for designated number of repetitions.

DYNAMIC TONGUE DEVIATIONS

- Sit tall in chair facing forward.
- Proceed to place your tongue out of the mouth.
- Slowly move your tongue to the right side of your lips
- Proceed to move your tongue to the left side of your lips.
- Repeat for designated number of repetitions.

FIT & WELL NEWSLETTER

FITNESS DEPARTMENT EXT. 2015

MARCH & APRIL ***DO MORE IN 2024?***

Important Info:

*NEW CLASS:
Line Dancing w/ Jessie Barnes begins with a free trial for the month of March. Classes will meet Tuesdays @ 4pm in the Auditorium. 1 2

**Qigong on Thursdays @ 1:15pm will continue. A monthly charge will be applied starting March. 1

***Transportation to the Columbia Athletic Pool will now be added to the Friday schedule for 12pm departure. (CA membership required)

****Transportation to the Parkinson's Education & Support Group at Office on Aging no longer provided due to LACK OF INTEREST.

Group Exercise Intensity Level Bar

1	2	3

1 = low intensity
2 =moderate level
3 =advanced level

FITNESS CENTER CLOSED MARCH 4 THROUGH MARCH 8
Deep cleaning, area disinfection, paint touch-up, and re-designing of the fitness equipment will take place during that time.
THE GROUP FITNESS STUDIO WILL BE OPEN INTERMITTENTLY FOR CERTAIN CLASSES
(Please see posted notice for list of classes)

Do More in 2024 continues.....

What ***MORE*** can you do for your social health?

Here are a few ideas:

- ⇒ Spend *more* quality time with family and friends.
- ⇒ Join a group, club, or class related to an interest/hobby.
- ⇒ Volunteer to visit friends/neighbors in healthcare.
- ⇒ Attend *more* social programs in the community to meet *more* people.
- ⇒ Reconnect with lost acquaintances.
- ⇒ Step out of your comfort zone and introduce yourself/ speak to someone new.
- ⇒ Ask a friend (or two) to join you for various activities in the community.
- ⇒ Find ways to be *more* responsive, supportive and grateful to others.

MARCH GROUP EXERCISES & FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		KUDOS to those who participated in the ***Interstate Highway Exercise Program*** devised by fellow resident, **Dr. *Doug Edsall.*** And a grand **CONGRATULATIONS** to the lucky winner, **Ms. Lohengrin Nix.** She won the raffle for a gift card to Feet First.			1 Pickleball 9:00AM **Resident Walking Group 9AM** Advanced Toning & Sculpt 9:15AM **Cardio Drumming 11:00AM**	2 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) ($)
3 Pickleball 9:00AM	4 **NO Advanced Toning & Sculpt** **NO RSB** **NO Stretch & Flex**	5 Pickleball 9:00AM GYF w/Eccentric Mvmt 9:45AM($) (w/Ling) Chair Yoga 11AM (w/Ling) ($) **Wii Bowling 12:00PM**	6 **NO Advanced Toning & Sculpt** **NO Fitness Combo** **NO RSB**	7 **NO BootCamp** Pickleball 9:00AM **Sit & Be Fit 11AM** QiGong 1:15PM (w/Ling) ($) **NO Balance** **NO Stretch & Flex**	8 Pickleball 9:00AM **Resident Walking Group 9AM** **Cardio Drumming 11:00AM**	9 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) ($)
	FITNESS AREA CLOSED **International Folkdance 6:30PM**	***NEW: Line Dancing 4PM (w/Jessie)**		**Resident Tap Dance 3:00PM**	**NO Advanced Toning & Sculpt**	
10 Pickleball 9:00AM 	Advanced Toning 11 & Sculpt 9:15AM **RSB 1:30PM** Stretch & Flex 3:00PM **International Folkdance 6:30PM**	Pickleball 9:00AM 12 **GYF w/ Eccentric Mvmt 9:45AM($)** (w/Ling) **Chair Yoga 11AM** (w/Ling) ($) **Wii Bowling 12:00PM** ***NEW: Line Dancing 4PM** (w/Jessie)	13 Advanced Toning & Sculpt 9:15AM **Fitness Combo 11:00AM** **RSB 1:30PM**	Boot Camp 8AM 14 Pickleball 9:00AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM **Sit & Be Fit 11AM** **QiGong 1:15PM** (w/Ling) ($) HC Exercise 1:30PM **Resident Tap Dance 3:00PM**	15 Pickleball 9:00AM **Resident Walking Group 9AM** Advanced Toning & Sculpt 9:15AM **NO Cardio Drumming**	16 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) ($)
17 Pickleball 9:00AM 	Advanced Toning 18 & Sculpt 9:15AM **RSB 1:30PM** Stretch & Flex 3:00PM **NO International Folkdance**	Pickleball 9:00AM 19 **GYF w/ Eccentric Mvmt 9:45AM($)** (w/Ling) **Chair Yoga 11AM** (w/Ling) ($) **Wii Bowling 12:00PM** ***NEW: Line Dancing 4PM** (w/Jessie)	20 Advanced Toning & Sculpt 9:15AM **Fitness Combo 11:00AM** ***RSB 1:30PM**	Boot Camp 8AM 21 Pickleball 9:00AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM **NO Sit & Be Fit** **QiGong 1:15PM** (w/Ling) ($) HC Exercise 1:30PM **Resident Tap Dance 3:00PM**	22 Pickleball 9:00AM **Resident Walking Group 9AM** Advanced Toning & Sculpt 9:15AM **Cardio Drumming 11AM**	23 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) ($)
24 Pickleball 9:00AM	Advanced Toning 25 & Sculpt 9:15AM **RSB 1:30PM** Stretch & Flex 3:00PM **NO International Folkdance**	Pickleball 9:00AM 26 **NO GYF w/ Eccentric Mvmt** **NO Chair Yoga** **Wii Bowling 12:00PM** ***NEW: Line Dancing** (w/Jessie)	27 Advanced Toning & Sculpt 9:15AM **Fitness Combo 11:00AM** ***RSB 1:30PM**	Boot Camp 8AM 28 Pickleball 9:00AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM **Sit & Be Fit 11AM** **QiGong 1:15PM** (w/Ling) ($) HC Exercise 1:30PM **Resident Tap Dance 3:00PM**	29 Pickleball 9:00AM **Resident Walking Group 9AM** Advanced Toning & Sculpt 9:15AM **Cardio Drumming 11AM** 	30 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) ($)

APRIL GROUP EXERCISES & FITNESS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 Pickleball 8:30AM	1 STAND UP TO PARKINSON'S begins 4/1– 4/11 Advanced Toning & Sculpt 9:15AM **RSB 1:30PM** Stretch & Flex 3:00PM **International Folkdance 6:30PM** 	2 STAND UP TO PARKINSON'S Pickleball 9:00AM **GYF w/Eccentric Mvmt 9:45AM ($)** (w/Ling) **Chair Yoga 11AM** (w/Ling) ($) **Wii Bowling 12:00PM** ***NEW Line Dancing 4:00PM** (w/Jessie) ($)	3 STAND UP TO PARKINSON'S Advanced Toning & Sculpt 9:15AM **Fitness Combo 11:00AM** ****RSB 1:30PM** Sound Bowl Healing for PD 1:45PM	4 STAND UP TO PARKINSON'S Boot Camp 8AM Pickleball 9:00AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM **Sit & Be Fit 11AM** **QiGong 1:15PM** (w/Ling) ($) HC Exercise 1:30PM **Resident Tap Dance 3:00PM**	5 STAND UP TO PARKINSON'S Pickleball 9:00AM **Resident Walking Group 9AM** Advanced Toning & Sculpt 9:15AM PUNCHES FOR PARKINSON'S 10:00AM **Cardio Drumming 11:00AM**	6 STAND UP TO PARKINSON'S Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) ($)
7 STAND UP TO PARKINSON'S Pickleball 9:00AM	8 STAND UP TO PARKINSON'S Advanced Toning & Sculpt 9:15AM **RSB 1:30PM** Stretch & Flex 3:00PM **International Folkdance 6:30PM**	9 STAND UP TO PARKINSON'S Pickleball 9:00AM **GYF w/Eccentric Mvmt 9:45AM ($)** (w/Ling) **Chair Yoga 11AM** (w/Ling) ($) **Wii Bowling 12:00PM** ***NEW Line Dancing 4:00PM** (w/Jessie) ($)	10 STAND UP TO PARKINSON'S ends Advanced Toning & Sculpt 9:15AM **Fitness Combo 11:00AM** LSVT Big & Loud for PD 1:30PM ****RSB 2:00PM**	11 **WORLD PARKINSON'S DAY** Pump it for Parkinson's All classes on regular schedule.	Pickleball 9:00AM 12 **Resident Walking Group 9AM** Advanced Toning & Sculpt 9:15AM PUNCHES FOR PARKINSON'S 10:00AM **Cardio Drumming 11:00AM**	13 Pickleball 9:00AM Columbia Association **COLUMBIA CLEANS DAY** **(bus departs 9:45am)** Zumba Gold 11:15AM (w/Leilani) ($)
14 Pickleball 9:00AM	15 Advanced Toning & Sculpt 9:15AM **RSB 1:30PM** Stretch & Flex 3:00PM **International Folkdance 6:30PM**	16 Pickleball 9:00AM **GYF w/Eccentric Mvmt 9:45AM($)** (w/Ling) **Chair Yoga 11AM** (w/Ling) ($) **Wii Bowling 12:00PM** ***NEW Line Dancing 4:00PM** (w/Jessie)($)	17 Advanced Toning & Sculpt 9:15AM **Fitness Combo 11:00AM** ***RSB 1:30PM** Sound Bowl Healing for PD 1:45PM	**NO Sit & Be Fit** 18 All other classes on regular schedule. PRESENTATION Cognitive function in Older Persons & Parkinson's **Dr. Howard Weiss 3:30PM**	Pickleball 9:00AM 19 **Resident Walking Group 9AM** Advanced Toning & Sculpt 9:15AM PUNCHES FOR PARKINSON'S 10:00AM **NO Cardio Drumming**	20 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) ($)
21 Pickleball 9:00AM	22 Advanced Toning & Sculpt 9:15AM **RSB 1:30PM** Stretch & Flex 3:00PM **International Folkdance 6:30PM**	23 Pickleball 9:00AM **GYF w/Eccentric Mvmt 9:45AM($)** (w/Ling) **Chair Yoga 11AM** (w/Ling) ($) **Wii Bowling 12:00PM** ***NEW Line Dancing 4:00PM** (w/Jessie)($)	24 Advanced Toning & Sculpt 9:15AM **Fitness Combo 11:00AM** LSVT Big & Loud for PD 1:30PM ***RSB 2:00PM**	Boot Camp 8AM 25 Pickleball 9:00AM Balance, Strength & Mobility 10AM Stretch & Flex 10:30AM **Sit & Be Fit 11AM** **QiGong 1:15PM** (w/Ling) ($) HC Exercise 1:30PM **Resident Tap Dance 3:00PM**	Pickleball 9:00AM 26 **Resident Walking Group 9AM** Advanced Toning & Sculpt 9:15AM PUNCHES FOR PARKINSON'S 10:00AM **Cardio Drumming 11:00AM**	27 Pickleball 9:00AM Zumba Gold 11:15AM (w/Leilani) ($)
28 Pickleball 9:00AM	29 Advanced Toning & Sculpt 9:15AM **RSB 1:30PM** Stretch & Flex 3:00PM **International Folkdance 6:30PM**	30 Pickleball 9:00AM **GYF w/Eccentric Mvmt 9:45AM($)** (w/Ling) **Chair Yoga 11AM** (w/Ling) ($) **Wii Bowling 12:00PM** ***NEW Line Dancing 4:00PM** (w/Jessie)($)	**April is National Parkinson's Awareness Month** This month the Residences at Vantage House is asking you to JOIN THE FIGHT AGAINST PARKINSON'S. Take the opportunity to increase awareness of Parkinson's Disease, *stand (up)* together with a friend who has Parkinson's, as well as encourage those living with the disease to stay engaged, stay motivated, stay physically active and ***stay in the fight***. Join the Fitness team for the many programs proved to be beneficial for those in the battle against Parkinson's. (highlighted boxes indicated Parkinson's programs—open to all.) **SAVE THE DATE: PD MOVING DAY is SATURDAY, JUNE 1st**			

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.