

# Colonial Heights Senior Center

## October 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>-We encourage the use of face masks for non-exercise related activities and require social distancing. —To avoid overcrowding in the hallways please do not enter the building any earlier than 10 minutes before the start of class. —Temperature checks for each visit at the front of the building. Please stay at home if you have a temperature and/or feeling ill. —Bring your own weights, bands and/or yoga mats DAILY. Each participant must clean their chair after use. —Max of 4 people at a time in the Fitness Center.</p>						
<p>KITS (Keeping in Touch w/Seniors) Program begins October 5. Do you know a senior citizen who would benefit from receiving a call and would enjoy talking one-on-one to another senior? If that's a yes, please see the center staff who can give you detailed information regarding this new outreach program.</p>				<p>1 8:30a Morning Crunch 9:00a Yoga 10:00a Sit &amp; Fit 11:00a-12p Flu Shots w/Rite Aid 1:15p Senior Club 2:00p Watercolor (\$)</p>	<p>2 8:30a Muscles in Motion 9:30a Balance 11:00a Line Dancing 12:00p Open Paint 1:00p Scrabble</p>	<p>3</p>
<p><b>Colonial Heights Senior Center &amp; Senior Transportation</b> 157 Roanoke Ave 520.9220/520.9219 Monday-Friday 8a-4:30p</p>						
4	5 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	6 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:00p Sewing	7 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge	8 8:30a Morning Crunch 9:00a Yoga 10:00a Sit & Fit 1:15p Senior Club 2:00p Watercolor (\$)	9 8:30a Muscles in Motion 9:30a Balance 12:00p Open Paint 1:00p Scrabble	10
11	12 CLOSED 	13 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:00p Sewing 2:00p-3:00p Drive Up Ice Cream Social sponsored by Jencare	14 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge 1:00p Fall Wreath Craft Class-sign up	15 8:30am Morning Crunch 9:00am Yoga 10:00am Sit & Fit 1:15p Senior Club 1:30p Tri-cities Golf Annual Meeting 2:00p Watercolor (\$)	16 8:30a Muscles in Motion 9:30a Balance 12:00p Open Paint 1:00p Scrabble	17
18	19 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	20 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:00p Sewing	21 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge	22 8:30a Morning Crunch 9:00am Yoga 10:00am Sit & Fit 11:30a Senior Club Luncheon at Golden Corral 2:00p Watercolor (\$)	23 8:30a Muscles in Motion 9:30a Balance 12:00p Open Paint 12:00p-4:00p Blood Drive 1:00p Scrabble	24
25	26 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	27 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:00p Quilts for Vets	28 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge	29 8:30a Morning Crunch 9:00am Yoga 10:00am Sit & Fit 1:15p Senior Club 2:00p Watercolor (\$)	30 8:30a Muscles in Motion 9:30a Balance 12:00p Open Paint 1:00p Scrabble	31

Thursday, October 1st -Flu Shots: 11am-12noon

Complete form in advance and don't forget your Medicaid card!

Friday, October 23rd—Blood Drive: 12p-4p

Please consider donating your blood!

## Exercise Class Description:

**Balance:** This class focuses on balance. Weights are optional. No prior exercise required. Beginner to advanced.

**Gentle Yoga:** This 45 minute class focuses on improving range of motion, flexibility, muscle lengthening and relaxation. Bring your mat.

**Line Dancing:** Foster a love of movement with this fun and energetic class. Learn choreographed Ballroom style dance moves.

**Meditation:** This basic meditation class includes sitting and walking. Leader will discuss methods, benefits & traditions of meditation.

**Morning Crunch:** 25 mins of floor based exercises focusing on entire core including lower back. Must be able to get on the floor. Intermediate to advanced. Bring your mat.

**Muscles in Motion:** Combine cardio, functional resistance, balance and range of motion. Most advanced exercise class. Bring your weights.

**Sit & Fit:** Chair exercise that will improve health and wellness. Half of class is standing, using a chair as support and other half is sitting. Great beginner class. Bring your resistance band.

**Strength & Stretch:** Minimal cardio. Build bone strength and reduce the risk of falls by improving strength, posture, balance and flexibility using dumbbells working every muscle in every angle. Intermediate to advanced. Bring your weights.

## CH Senior Citizens Club

COLONIAL HEIGHTS — The Colonial Heights Senior Citizens Club will have the following activities for the month of September at the community building, 157 Roanoke Avenue:

October Schedule TBA