

Colonial Heights Senior Center

August 2021

157 Roanoke Ave

804-520-9220

| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|-----|---|--|---|--|---|-----|--|
| 1 | 2 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Str. 11:00 Pickleball (SCB) 11:30 Line Dancing 12:30 Adult Coloring 12:30 Intro to Pinochle 1:00 Pinochle 1:30 Senior Singers | 3 8:30 TBS 8:30 Tap Dancin' Gran. 9:30 Yoga Core 10:00 BP Check 10:30 Sit & Fit 11:30 Meditation 11:30 Water Aerobics (\$) 1:00 Bingo 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi | 4 8:30 Crochet & Knitting 8:45 Muscles in Motion 10:00 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge | 5 8:30 TBS 9:30 Yoga Flow 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 1:15 Senior Club 2:00 Watercolor (\$) | 6 8:45 Muscles in Motion 10:00 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 Open Paint 1:00 Scrabble | 7 | |
| 8 | 9 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Str. 11:00 Pickleball (SCB) 11:30 Line Dancing 12:30 Adult Coloring 12:30 Intro to Pinochle 1:00 Pinochle 1:30 Senior Singers | 10 8:30 TBS 8:30 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation 11:30 Water Aerobics (\$) 1:00 Bingo 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi | 11 8:30 Crochet & Knitting 8:45 Muscles in Motion 10:00 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 11:00 BSV L&L Power of Attorney 12:30 Bridge | 12 8:30 TBS 9:30 Yoga Flow 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 1:15 Senior Club 2:00 Watercolor (\$) | 13 8:45 Muscles in Motion 10:00 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 1:00 Scrabble | 14 | |
| 15 | 16 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Str. 11:00 Pickleball (SCB) 11:30 Line Dancing 12:30 Adult Coloring 12:30 Intro to Pinochle 1:00 Pinochle 1:30 Senior Singers | 17 8:30 TBS 8:30 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation 11:30 Water Aerobics (\$) 1:00 Bingo 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi | 18 8:30 Crochet & Knitting 8:45 Muscles in Motion 10:00 Strength & Stretch 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge 2:00 Worthy Wednesdays | 19 8:30 TBS 9:30 Yoga Flow 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 12:45 BP Check 1:15 Senior Club 2:00 Watercolor (\$) | 20 8:45 TNT 10:00 Yoga Warrior 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 Open Paint 1:00 Scrabble 1:30 Movie Day – <i>Mother's Day w/ Jennifer Anniston</i> | 21 | |
| 22 | 23 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Muscles in Motion 10:30 Strength & Str. 11:00 Pickleball (SCB) 11:30 Line Dancing 12:30 Adult Coloring 12:30 Intro to Pinochle 1:00 Pinochle 1:30 Senior Singers | 24 8:30 TBS 8:30 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation 11:30 Water Aerobics (\$) 1:00 Bingo 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi | 25 8:30 Crochet & Knitting 8:45 Muscles in Motion 10:00 Strength & Stretch 11:00 Jencare L&L 11:00 Pickleball (SCB) 11:00 Line Dancing 12:30 Bridge | 26 8:30 TBS 9:30 Yoga Flow 10:30 Sit & Fit 11:30 Meditation 11:30 Senior Club @ Golden Corral No Game Day 12:30 Poetry & Photography 2:00 Watercolor (\$) | 27 8:45 TNT 10:00 Yoga Warrior 11:00 Pickleball (SCB) 11:00 Line Dancing 1:00 Scrabble | 28 | |
| 29 | 30 ELAINE OFF 8:30 Tai Chi 9:30 Bowling (off-site) 9:30 Balance 10:30 TNT 11:00 Pickleball (SCB) 11:30 Line Dancing 12:30 Adult Coloring 12:30 Intro to Pinochle 1:00 Pinochle 1:30 Senior Singers | 31 8:30 TBS 8:30 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation 11:30 Water Aerobics (\$) 1:00 Bingo 2:30 Sewing 3:00 Advanced Tai Chi 4:00 Beginner Tai Chi | <p>Lunch & Learns are back!</p> <p>August 11th with BSV—Power of Attorney</p> <p>also</p> <p>August 25th with JenCare (topic TBA)</p> <p>Advance sign up is required</p> | | | | |

Are you a fledgling painter or always wanted to give it a try? If so we are looking to see if there is enough interest to resume our Bob Ross painting classes. Please see Elaine or Stacy for more information.

Our Senior Singing group meets on Mondays at 1:30pm. They would love to have some new members so come and join the fun!

Exercise Class Description:

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

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.

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.

Tai Chi Beginner: Learn the basic postures, movement & breath work. Benefits include flexibility, stress reduction and balance.

Tai Chi Advanced: Already mastered the basics? Then this class is for you!

TBS (Total Body Strength) Bring your dumbbells for this full body workout! Beginner to intermediate.

TNT (Tighten & Tone): Strengthen muscles while burning fat in this total body workout. The first half of the class focuses on dumbbell exercises and the second half, which is optional, focuses on floor based core exercises. Don't forget your dumbbells and mat. Beginner to intermediate class.

Water Aerobics: Bring your noodle and join us at Swim Yacht Club for this 60 minute class focusing on cardio and strength. (\$)

Yoga Core: This 45 minute class focuses on strengthening your core and is primarily mat based. Beginner to intermediate. Bring your mat.

Yoga Warrior: This class is designed around the warrior poses and focuses on improving strength, flexibility and range of motion. Beginner to intermediate. Bring your mat.

Yoga Flow: Energetic form of yoga focusing on building strength. Prior yoga experience recommended as this is an intermediate class. Bring your mat.

Each class lasts for approximately 45 minutes with the exception of Muscles in Motion which is a 55 minute class and Water Aerobics which lasts for 60 minutes.

Worthy Wednesdays

(Third Wednesday of each month @2:00pm)

Join Crater Community Hospice for valuable education, healthcare resources and discussions regarding self care and support. This group is suitable for caregivers and anyone who wants to learn about self discovery and coping skills.