

# Colonial Heights Senior Center

January 2022

157 Roanoke Ave

804-520-9220

Su	Mon	Tue	Wed	Thu	Fri	Sat
<b>2022 Healthy Wealthy Wise Fair</b> <b>Friday, January 21st from 10:00am - 12:00pm</b> <b>Free community event to encourage healthy lifestyles, manage disease and connect you to valuable resources.</b>						1
2	3 8:30 Muscles in Motion 9:30 Tai Chi @ Library 9:30 Bowling (off-site) 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 1:30 Senior Singers	4 8:30 TBS 9:00 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation/Wrld. Rel 1:00 Bingo 2:00 Meaningful Ex. 2:30 Sewing <b>No Water Aerobics</b>	5 8:30 Muscles in Motion 8:30 Crochet & Knitting 10:00 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 L & L Stroke Encompass Health	6 8:30 TBS 9:30 Yoga Warrior 10:00 Beg. Line Dancing @ Library 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 1:15 Senior Club	7 8:30 TNT 9:30 Yoga. Flow 11:00 Pickleball (SCB) 11:00 Line Dancing 6:00 Senior Dance (\$)	8
9	10 8:30 Muscles in Motion 9:30 Tai Chi @ Library 9:30 Bowling (off-site) 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 1:30 Senior Singers	11 8:30 TBS 9:00 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation/Wrld Rel. 1:00 Bingo 2:00 Meaningful Ex. 2:30 Sewing <b>No Water Aerobics</b>	12 8:30 Muscles in Motion 8:30 Crochet & Knitting 10:00 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing	13 8:30 TBS 9:30 Yoga Warrior 10:00 Beg. Line Dancing @ Library 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 1:15 Senior Club	14 9:00 Muscles in Motion 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing	15
16	17 <b>Center closed in observance of Martin Luther King, Jr. Day</b> 	18 8:30 TBS 9:00 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation/Wrld Rel. 11:30 Sr. Club Bd. Mtg. 1:00 Bingo 2:00 Meaningful Ex. 2:30 Sewing	19 8:30 Muscles in Motion 8:30 Crochet & Knitting 10:00 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing 12:00 L&L Nutrition JenCare 2:00 Worthy Wednesday	20 8:30 TBS 9:30 Yoga Warrior 10:30 Sit & Fit 11:30 Meditation 12:15 Game Day 1:15 Senior Club <b>No Line Dancing @ Library</b>	21 <b>Health Fair</b> <b>10:00-12:00</b>  <b>No Exercise Classes</b> <b>No Line Dancing</b>	22
23/ 30	24/ 31 8:30 Muscles in Motion 9:30 Tai Chi @ Library 9:30 Bowling (off-site) 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 1:30 Senior Singers	25 8:30 TBS 9:00 Tap Dancin' Gran. 9:30 Yoga Core 10:30 Sit & Fit 11:30 Meditation/Wrld Rel. 1:00 Bingo 2:00 Meaningful Ex. 2:30 Sewing	26 8:30 Muscles in Motion 8:30 Crochet & Knitting 10:00 Balance 11:00 Pickleball (SCB) 11:00 Line Dancing	27 8:30 TBS 9:30 Yoga Warrior 10:00 Beg. Line Dancing @ Library 10:30 Sit & Fit 11:30 Meditation 11:30 Senior Club @ Golden Corral <b>No Game Day</b>	28 9:00 Muscles in Motion 10:00 Strength & Str. 11:00 Pickleball (SCB) 11:00 Line Dancing 1:30 Movie Day: <i>Going In Style</i> . Comedy heist film starring Morgan Freeman, Michael Caine & Alan Arkin	29

Due to ongoing Covid issues trips and card games will continue to be on hold. We will revisit these as the weather gets warmer.

## 2022 Health Initiative - Super Bowl Challenge!!

Are you up for a challenge? Grab your football and move 10 yards for every exercise related class that is sponsored by the senior center. This includes Tai Chi, all Line Dancing classes and Pickleball at SCB.

When you achieve a "touchdown" put your football in the basket to enter for a \$100 gift card then grab another and start over. The more classes you take the greater your chances of winning. You can take as many classes as you want each day. Challenge begins on January 3rd and ends on Friday, February 11th.

Football and football field are located in the SC. Please see Elaine or Stacy for more details.

## Exercise Class Descriptions:

**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.

**Qigong:** Asian form of yoga which helps to improve mental & physical health using gentle movements.

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

**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.

**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.

**Water Aerobics:** 60 minute class offering a full body workout that is easy on the joints. Located @VSU.

**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.**

## Healthy Lifestyle & Diabetes Education Class begins January 5th.

This twelve week program focuses on weight loss and A1C reduction through healthy eating and increased physical activity. Space is limited so register today. Cost is \$50.

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