

COLONIAL HEIGHTS SENIOR CENTER & TRANSPORTATION



November 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>						
1	2 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	3 ELECTION DAY NO ONSITE EXERCISE CLASSES 10:00a Senior Stride at Rosyln Walking Trail 1:00p Bingo 2:30p Sewing	4 8:30a Crochet & Knitting 8:30a Muscles in Motion 9:30a TBS 10:00a Strength & Stretch 11:00a Line Dancing 12:30p Bridge	5 8:30a Morning Crunch 9:00a Yoga 10:00a Sit & Fit 1:15p Senior Club 2:00p Watercolor (\$)	6 8:30a Muscles in Motion 9:30a Balance 10:30a Line Dancing 12:00p Open Paint 1:00p Scrabble	7
8	9 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	10 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:30p Sewing	11 CLOSED 	12 8:30a Morning Crunch 9:00a Yoga 10:00a Sit & Fit 1:15p Senior Club 2:00p Watercolor (\$)	13 8:30a Muscles in Motion 9:30a Balance 10:30a Line Dancing 12:00p Open Paint 1:00p Scrabble	14
15	16 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art NO Pinochle	17 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:30p Sewing	18 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 Gnome Craft Class	19 8:30am Morning Crunch 9:00am Yoga 10:00am Sit & Fit 1:15p Senior Club 2:00p Watercolor (\$)	20 8:30a Muscles in Motion 9:30a Balance 10:30a Line Dancing 12:00p Open Paint 12:00-4:00p Blood Drive 1:00p Scrabble	21
22	23 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	24 8:30a Yoga 9:30a Tap Dancing 10:00a Sit & Fit 11:00a Meditation 1:00p Bingo 2:30p Quilts for Vets	25 8:30a Crochet & Knitting 12:30p Bridge NO EXERCISE CLASSES	26 CLOSED 	27 CLOSED 	28
29	30 8:30a Tai Chi 9:30a TBS 10:00am Strength & Stretch 11:00a Line Dancing 1:00p Coloring & Diamond Art 1:00p Pinochle	<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>KITS Program Do you know a senior citizen who would benefit from receiving a call and would enjoy talking one-on-one to another senior? Please let us know.</p> </div>		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>CHSC & Transportation 157 Roanoke Ave 520.9220/520.9219 Monday-Friday 8a-4:30p</p> </div>		
		<div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Join us on Mondays at 1pm for Pinochle newcomers are welcome!</p> </div>				

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:

November 5th: Regular club meeting, Passed member memorial service

November 12th: Celebrate November birthdays, 50/50, and bingo

November 19th: Thanksgiving luncheon at Golden Corral at 11:30am

November 26th: No meeting

The Colonial Heights Senior Center and Transportation staff would like to thank our veterans and our active duty service members for their endless dedication and for their self sacrifice.

Donald Baird

Richard Bogese

Jorge Madrigal

Dwight McKenney

Jerry Moody

Marc Reynolds

Patty Rodriguez

Rick Turpin