







# INSPIRE

## August 2022 Wellness Class Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WELLNESS NEWS
<p><b>GER – Group Exercise Room</b>  <b>FC - Fitness Center</b>  <b>P – Pool</b>  <b>HH – Heater Hall</b>  <b>NJR – Nancy Jones Room</b></p> <p><b>Level 1</b>  <b>Beginning Intensity</b>  <b>Level 2</b>  <b>Moderate Intensity</b>  <b>Level 3</b>  <b>High Intensity</b></p>	<p>10:00-10:30 – Water Workout, P 1-3</p> <p>11:15-11:30 – Seated Strength Training w/Don (GER 2-3)</p> <p>10:30-11:30 Orientations/Assessments</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>2:00 - 2:30 Balance (<i>Advanced</i>) GER 3            2:45 - 3:15 – Balance (<i>Beginner</i>) GER 1-2</p> <p>3:30-4:30 Ping Pong GER 1-3</p>	<p>8:00 – Noon Free Swim, P-1-3 (Swim Buddy Required)</p> <p>10:30 – 11:00 – Strength Training w/Kathy I GER-2-3</p> <p>11:15 – 11:45 – Strength Training w/Kathy II GER-1</p> <p>1:00- 1:30 Tai Chi GER 1-3            1:45 - 2:15 Tai Chi GER 1-3</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>2:30-3:30 – Parkinson’s Power GER 1-3</p> <p>4:00-4:45 – Mindful Relaxation (Resident Led – Witold Urbanowicz) NJR 1-3</p>	<p>10:00-10:30 – Water Workout, P 1-3</p> <p>10:30-11:00 –Orientations GER-2-3</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>11:00 – 11:45 – Chair Yoga GER 1-3</p> <p>2:00-2:30 – Tai Chi Resident Led Practice GER</p>	<p>8:00 AM – Noon Free Swim P-1-3 (Swim Buddy Required)</p> <p>10:30 – 11:00 – Strength Training w/Kathy I GER-2-3            11:15 – 11:45 – Strength Training w/Kathy II GER-1</p> <p>2:00 – 3:00 – Walk This Way P 1-3 (Swim Buddy Required)</p> <p>1:00 – 1:30 PM - Seated Strength Training w/Don GER-2-3</p> <p>2:00 – 2:45 – Brain Fitness GER 1-3</p> <p>3:00 – 3:45 Mindful Relaxation- NJR 1-3</p>	<p>10:00-10:30 – Water Workout, P 1-3</p> <p>10:30-11:30 Orientations/ Assessments</p> <p>11:00-11:45 – Chair Yoga GER 1-3</p> <p>2:00-3:00 Orientations</p> <p>3:00-4:00 Ping Pong GER, 1-3</p>	 <p><b>Templeton Open</b>  <b>Wednesday, Aug. 31</b></p> <p>This event will count as participation points towards your team in the Templeton Olympics Proceeds will benefit the North Carolina Senior Olympics</p>
<p><u>Schedule Changes</u></p> <p><b>August 1<sup>st</sup></b>  <b>Water Workout</b>  <b>Body Balance is Canceled</b></p> <p><b>August 2<sup>nd</sup></b>  <b>Tai Chi is Canceled</b></p> <p><b>Seated Strength Training w/Don is Now at 11:15 on Mondays</b></p>	<p><u>Schedule Changes</u></p> <p><b>August 17-26<sup>th</sup></b>  <b>Seated Strength Training w/Don is Canceled</b></p> <p><b>All Wellness Classes are Canceled August 31<sup>st</sup> for the Second Annual Templeton Open</b></p>	 <p><b>Special Olympics</b></p> <p>Through the power of sports, people with intellectual disabilities discover new strengths and abilities, skills and success. Our athletes inspire people in their communities and elsewhere to open their hearts to a wider world of human talents and potential</p>	<p>Water Workout is Now 10:00-10:30 M-W-F</p> 	<p>“We Don’t Stop Playing Because We Grow Old;          We Grow Old Because We Stop Playing”</p>  <p>The Templeton of Cary Olympics          Oct. 10 – Oct. 14</p>	<p><b>Mindful Relaxation is now in the Nancy Jones Room</b></p> 	



## I N S P I R E

### Inspirational • Nutritional • Spiritual • Personal • Integrative • Rehabilitative • Educational Wellness Class Description

Wellness Classes give you something solitary workouts do not, built-in motivation and instructor-led routines to make fitness fun. At The Templeton of Cary we offer the following classes:

**Body Balance:** (Advanced & Beginner) A dynamic balance class where residents walk in certain ways to promote better balance, walk through obstacle courses and agility ladder. Led by Kathy

**Brain Fitness:** Join us for 45 minutes of fun trivia which is guaranteed to exercise your brain! Led by Kathy

**Chair Yoga:** Whether you need a safe introduction to yoga or you seek a way to successfully reconnect to yoga, this mind-body class uses breath practice as well as posture to improve flexibility, balance, strength and relaxation, tapping into the ever-present mind body connection. Led by: Priya Amaresh

**Mindful Relaxation:** When we meditate we venture into the workings of our minds, our sensations, our emotions and thoughts. Join Resident Instructor Witold Urbanowicz as he guides you through mindful moment practices.

**Parkinson's Power:** This Parkinson's specific skill training class helps to maintain or restore skills that deteriorate and interfere with everyday movements. Designed to help residents with Parkinson's get better and stay better with exercise. Led by Kathy, Parkinson's Wellness Recovery certified instructor

**Strength Training with Kathy:** This is the total body workout that you are looking for! This class focuses on building up your strength, flexibility and power by combining exercises using weights, bands and small balls to strengthen all major muscles of the body. Led by Kathy

**Seated Strength Training with Don:** A classroom type workout where residents remain seated and can expect to use a variety of different equipment which will build strength and flexibility. Led by Resident Don Simonet

**Tai Chi:** Gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. It is sometimes described as meditation in motion. Led by James Elliott

**Tai Chi Resident Led Practice:** An opportunity for residents to get together in the Group Exercise Room and practice their Tai Chi movements. Led by Resident John Kelsey

**Walk This Way:** If your mantra is "oh my aching knees or back or hips," this class is for you. Walk to music with a steady pace to the far end and back. Unsupervised class, swim buddy required

**Water Workout:** An energetic, moderate intensity water class that combines cardio, strength and flexibility exercises. Led by Kathy

**Wellness Assessment/Reassessment, Individual Exercise Plans, Equipment Orientation** – Call Kathy, Wellness Director to schedule an appointment. 984-465-0767 Email: katlawrence@libertyseniorliving.com