








































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-9:55 am Senior Circuit 	9:15-9:40 am Seated Yoga 	9:15-9:55 am Senior Circuit 	9:15-9:40 am Seated Yoga 	9:15-9:55 am Senior Circuit 	
	9:45-10:15 am Balance and Tai Chi 		9:45-10:15 am Balance and Tai Chi 		9:45-10:15 am General Conditioning (Villas) 
10:00-10:30 am C.L.I.M.B. 		10:00-10:30 am C.L.I.M.B. 		10:00-10:30 am C.L.I.M.B. 	
	10:30-11:00 am General Conditioning (Villas) 	10:30-11:00 am Chair 10/10/10 	10:30-11:00 am Yoga Basics 	10:30-11:00 am Chair 10/10/10 	
10:30-11:00 am Jive & Glide 	10:30-11:00 am Morning Warm Up 	10:30-11:00 am Jive & Glide 	10:30-11:00 am Morning Warm Up 	10:30-11:00 am Jive & Glide 	10:30-11:00 am Morning Warm Up 
1:30-2:00 pm Walking Group 	1:30-2:00 pm Fun & Games 	1:30-2:00 pm Walking Group 	1:30-2:00 pm Walking Group 	1:30-2:00 pm Fun & Games 	
2:15-3:15 pm Member Visits 	3:00-3:45 pm Wii Bowling (Villas) 	2:15-3:00 pm QuickWitz 	3:00-3:45 pm Wii Bowling (Villas) 		
				3:30-4:00 pm Brain Fitness (Villas) 	

**Black = Wellness Center**  
**Blue = Healthcare Neighborhood**

## CLASS ICONS KEY

 Flexibility Based	 Chair Based/ Low Intensity
 Moderate-to High-Intensity	 Informative
 Yoga/ Pilates	 Strength- Based
 Balance- Based	 Brain Fitness

### MARCH SPECIAL EVENTS

Fresh Baked Bread  
**Friday, March 16 at 1:00pm**  
Lighthouse Lounge. Please sign up in the Activity Book

## CLASS DESCRIPTIONS

**Balance and Tai Chi:** Our static and dynamic balance exercises are combined with a safe, easy-to-learn program that is proven to relieve arthritis pain, improve health and reduce falls.

**Brain Fitness:** Come and join us for fun games and activities to exercise your brain. We meet in the Villas 3rd floor Activity Room.

**Chair 10/10/10:** This class includes 10 minutes of heart pumping cardiovascular training, 10 minutes of muscle strengthening and 10 minutes of flexibility and relaxation, ALL IN THE CHAIR!

**C.L.I.M.B.:** Confidence. Longevity. Independence. Mobility. Balance. This class focuses on lower body strengthening. Join our award-winning program!

**Fun & Games:** Come and join us for indoor/outdoor fun with games such as basketball, frisbee, bowling, ring toss, horseshoes, corn hole or putt-putt.

**General Conditioning:** Do you need to work on your endurance? Would you like to have more energy? Please join us in the 3rd floor Activity Room at the Villas for this class. We will be focusing on strength and balance. Beginners are welcome!

**Jive & Glide:** This is a low-intensity exercise class held in the Dining Room of the Retreat.

**Member Visits:** Please call to meet with Marni and update your personal Wellness program.

**Morning Warm Up:** This is a low-intensity exercise class held in the Dining Room of The Retreat.

**QuickWitz:** What are you doing to stay sharp? It happens to all of us, we forget the name of an acquaintance, can't think of the word we are trying to use, or forget where we've parked our car. We laughingly refer to these episodes as "senior moments" but sometimes they are not really so funny. As we get older, they leave us wondering if we're losing our edge. Get sharp and stay sharp with QuickWitz; a one of a kind brain training program. We will meet in the Wellness Center.

**Seated Yoga:** It's time to get rid of the pain and stiffness. This class includes basics of yoga that includes flowing movements and energizing poses to improve flexibility and strength. All in the chair!

**Senior Circuit:** This class will get your heart pumping, your muscles working, and your body in better shape. Come and join the fun!

**Walking Group:** Let's enjoy the fresh air and take a walk together. Meet at the Retreat.

**Wii Bowling (Villas):** Have you ever bowled without having to lift the ball? In this game you can, come and join the fun in the Villas first floor Living Room.

**Yoga Basics:** This class will focus on balance, mobility and stability. You will improve muscular flexibility, strength and endurance. You will also improve relaxation and concentration and well as overall health and well being. We will be using the mats on the floor.

**Wellness Center**  
**(904) 432-1190**

## MARCH IS NATIONAL NUTRITION MONTH

Eat Right Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

### Eating Right with Less Salt

#### Focus on fresh foods

Many foods in their original form, such as fruits, vegetables, fresh meats, poultry, fish, dry beans, eggs, milk, yogurt and grains like rice are naturally low in sodium. Include these foods more often in meals and snacks.

#### Eat processed and prepared foods less often

Highly processed and ready-to-eat foods tend to be higher in sodium. Eat these foods only occasionally or in smaller amounts – especially cheesy foods, such as pizza; cured meats such as bacon, sausage, hot dogs and deli or luncheon meats; and ready-to eat foods, like canned chili, ravioli and soups.

#### Cook more often at home

Enjoy home-prepared foods where you are in control of how much salt is added. Use little or no salt when cooking. Even if package instructions say to add salt to the water before boiling, it isn't required and can be omitted. When using canned vegetables with salt added, be sure to drain and rinse the vegetables to reduce the amount of salt.

#### Try new flavors

Skip the salt and try salt-free seasonings such as herbs, spices, garlic, vinegar, black pepper or lemon juice. Make your own salt-free seasonings by combining herbs and spices.

#### Read food labels

Read the Nutrition Facts label and the ingredients list to find packaged and canned foods lower in sodium. Compare the amount of sodium listed and select the product with the lower amount. Look for foods labeled "low sodium," "reduced sodium," or "no salt added."

#### Use caution with condiments

Foods like soy sauce, ketchup, pickles, olives, salad dressing and seasoning packets are high in sodium. Try low-sodium soy sauce and ketchup. Sprinkle only a small amount from a seasoning packet, not the entire amount.



*Spa & Salon*

Call your concierge to find out about this month's specials and make an appointment!



*The Osprey Village Wellness Program believes that regardless of age or condition, everyone's quality of life can improve. Everyone can live The Weller Life!*

**OSPREY VILLAGE**  
AT AMELIA ISLAND PLANTATION

**March 2018**  
**WELLNESS SCHEDULE**