

































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-9:40 am Senior Circuit 	9:15-9:40 am Seated Yoga 	9:15-9:40 am Senior Circuit 	9:15-9:40 am Seated Yoga 	9:15-9:40 am Senior Circuit 	
9:45-10:15 am Renewed Strength 	9:45-10:15 am Balance and Tai Chi 	9:45-10:15 am Renewed Strength 	9:45-10:15 am Balance and Tai Chi 	9:45-10:15 am Renewed Strength 	9:45-10:15 am General Conditioning (Villas) 
10:30-11:00 am Chair 10/10/10 	10:30-11:00 am General Conditioning (Villas) 	10:30-11:00 am Chair 10/10/10 	10:30-11:00 am Pilates 	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 		NEW LOCATION! 2:15-3:00 pm QuickWitz (Villas) 			
	3:00-3:45 pm Wii Bowling (Villas) 		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



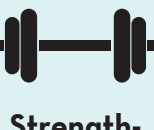
Moderate-to
High-Intensity



Informative



Yoga/
Pilates



Strength-
Based



Balance-
Based



Brain Fitness

OCTOBER SPECIAL EVENTS

Pink Lemonade Cookie Thins
in the Seaside Bistro

Friday, October 12 at 1pm

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!

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.

Pilates: This is a class that focuses on core strength and is performed mainly on a mat on the floor. Pilates exercise involves the six principles of centering, concentration, control, precision, breath and flow.

QuickWitz: What are you doing to stay sharp? As we get older, we wonder 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 Seaside Bistro.

Renewed Strength: Please join us for a strength program to address the condition of sarcopenia. Our goal is preventing muscle loss that naturally occurs with the aging process. **We will be piloting this program for the rest of the company. Let's show everyone the STRENGTH of Osprey Village!**

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 3rd Floor Game Room.

OCTOBER IS BREAST CANCER AWARENESS MONTH

HOW YOU CAN HELP:

There are many ways you can support those affected by breast cancer.

Your support will help us provide mammograms, education and support services to women in need.

DONATE to the National Breast Cancer Foundation

FUNDRAISERS - start or join one

VOLUNTEER - help educate women about breast cancer




OSPREY VILLAGE
AT AMELIA ISLAND PLANTATION

October 2018 WELLNESS SCHEDULE

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®!