







































MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-9:55 am Senior Circuit 	9:15-9:40 am Top Half Toning 	9:15-9:55 am Senior Circuit 	9:15-9:40 am Top Half Toning 	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 C.L.I.M.B. 	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 	
NEW CLASS! 3:00-3:30 pm Weight Management (Villas)	3:00-3:45 pm Wii Bowling (Villas) 	3:00-3:45 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	 Orientation
 Yoga/ Pilates	 Strength- Based
 Balance- Based	 Brain Fitness

AUGUST SPECIAL EVENTS

S'mores (indoors)
in the Lighthouse Lounge
Friday, August 11 at 1:00pm
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!

Weight Management: This is a 12 week program designed to give you weight management strategies. We will have informational handouts and homework each week. Please join us in the Private Dining Room in the Villas on the first floor.

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

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.

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

Top Half Toning: We will use weights, resistance bands, balls and weighted bars for this upper body strength class.

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

Keeping Your Memory Sharp

People with some forgetfulness can use a variety of techniques that may help them stay healthy and maintain their memory and mental skills.

Here are some tips:

- Plan tasks, make "to do" lists, and use memory aids like notes and calendars. Some people find they remember things better if they mentally connect them to other meaningful things, such as a familiar name, song, book, or TV show.
- Develop interests or hobbies and stay involved in activities that can help both the mind and body.
- Engage in physical activity and exercise. Several studies have associated exercise (such as walking) with better brain function, although more research is needed to say for sure whether exercise can help to maintain brain function or prevent or delay symptoms of Alzheimer's.
- Limit alcohol use. Although some studies suggest that moderate alcohol use has health benefits, heavy or binge drinking over time can cause memory loss and permanent brain damage.

Find activities, such as exercise or a hobby, to relieve feelings of stress, anxiety, or depression. If these feelings last for a long time, talk with your doctor.

Health and wellness information for older adults from the National Institutes of Health



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

August 2017
WELLNESS SCHEDULE