

































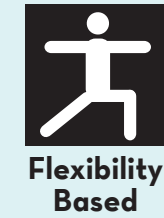


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:15-9:55 am Senior Circuit 	9:15-9:40 am Seated Yoga 	9:15-9:55 am Senior Circuit 	9:15-9:40 am Seated Yoga 	9:15-9:55 am Senior Circuit 	
9:45-10:15 am Wellness Walk 	9:45-10:15 am Balance and Tai Chi 	9:45-10:15 am Wellness Walk 	9:45-10:15 am Balance and Tai Chi 	9:45-10:15 am Wellness Walk 	9:45-10:15 am General Conditioning (Villas) 
10:00-10:25 am C.L.I.M.B. 		10:00-10:25 am C.L.I.M.B. 		10:00-10:25 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 		2:15-3:00 pm QuickWitz 			
	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



## JUNE SPECIAL EVENTS

Fruit Smoothies

**Friday, June 8 at 1pm**

In the 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.

**Wellness Walk:** Meet at the concierge desk of the villas. Rain or shine! Please come join us for a walk around the property or in the villas.

**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.

**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.

## JUNE IS NATIONAL SAFETY MONTH

Injuries are a leading cause of disability for people of all ages – and they are the leading cause of death for Americans ages 1 to 44. The good news is everyone can get involved to help prevent injuries.

During National Safety Month, Osprey Village is working with community members to help reduce the risk of injuries. This June, we encourage you to learn more about important safety issues like prescription painkiller abuse, transportation safety, and slips, trips, and falls.

- Prescription painkiller abuse: Prescription painkiller overdoses are a growing problem in the United States, especially among women. About 18 women die every day from a prescription painkiller overdose – more than 4 times as many as back in 1999.
- Transportation safety: Doing other activities while driving – like texting or eating – distracts you and increases your chance of crashing. Almost 1 in 5 crashes (17%) that injured someone involved distracted driving.
- Slips, trips, and falls: One in 3 older adults falls each year. Many falls lead to broken bones and other health problems.

You can make a difference. Find out ways to help reduce the risk of these safety issues.

For more information, contact Marni at the Osprey Village Wellness Center 432-1190.

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Marni at the Osprey Village  
Wellness Center: 432-1190**



  
**OSPREY VILLAGE**  
AT AMELIA ISLAND PLANTATION

**June 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®!