

Fitness and Wellness Schedule for January 2021

The below classes will be broadcast **LIVE** on channel 1977-1978 unless otherwise noted

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00am	Pilates				
9am	Standing Cardio	Chair Aerobics	Standing Cardio	Chair Aerobics	Standing Cardio
10am		Stretch and Flexibility	Strength and Stretch		The Meadowood Morning Show <i>*see description</i> <hr/> Conductorcise (1 st an 3 rd week) <i>Laurel House</i>
10:30am	Sit N' FIT <i>Holly House</i>	Sit N' FIT <i>Laurel House</i>	Sit N' FIT <i>Holly House</i>	Sit N' FIT <i>Laurel House</i>	Azalea House Wellness Visits
12pm	T'ai Chi with Mark	Yoga with Rosa			
1:00pm	Zoom Series <i>*pre-recorded video</i> <i>See topics below</i> <hr/> Drumfit <i>Laurel House</i>		Balance Bootcamp	Parkinson's in Motion <i>*pre-recorded video</i>	Balance Bootcamp
2:00pm	Meditation		Meditation	Ab and Back <i>*pre-recorded video</i>	
2:30pm			Wellness Series w/Donna		

Announcements

All fitness facilities remain closed until further notice. We will keep you posted on re-opening plans during the weekly broadcast and calendar!

The Fitness and Wellness team will be providing exercise-at-home sheets for all residents on the table outside of the weight room. These sheets will provide you with workouts and tips to keep you active and healthy. Handouts on balance, flexibility, strength, ab and back, swimmer movements, brain health and wellness are available now, so stop by and pick them up!

Also available are pet safety and care packets to help you take good care of your furry friend through the holidays, the winter months, and Covid. Pick one up today if you are a pet parent!

We are still offering Personal Training and Wellness Coaching VIRTUALLY or IN YOUR HOME. Please contact Becky Anhorn at *3644 if you are interested!

Special Events and Classes

Winter Talent Showcase

Funny...Dramatic...Amazing...

Do you have a talent you would like to show off? Contact Becky Anhorn at ext. 3644 no later than Friday, Jan. 15 to set up a time for a member of the Fitness and Wellness Staff to video you in action.

A compilation of talents will be shown on the Meadowood TV channel at the end of the month. Call now! This could be your big break!

Meadowood Morning Show

(Fridays in January at 10 AM on Channel 1977-1978)

Join Donna Birdsell in her search for the perfect Morning Show co-host! She and a variety of guest hosts will discuss Meadowood news, interviews, weather, and other items of interest to our residents. Call Donna at x5335 if you have suggestions about what you would like to see!

Calling All Single Ladies and Gentlemen...

Would you like to take part in our February game show, The Meadowood Dating Game? Our contestants will answer fun questions and try to get matched up to win a fabulous catered "first date" dinner! Just a fun and friendly game hosted by our own king of game shows, Mike Wagner. Call Mike Wagner (x5340) or Jon Sovocool (x5325) if you would like to be a participant!

Advanced Health Brain Class with Eileen

January 14 and 28 at 2:15 via Zoom. Contact Eileen at x5326

Zoom Series – Recorded events airing every Monday at 1pm

Our live Zoom events in November and December were recorded and will play every Monday at 1pm on Channel 1977-1978. Topics include Holidays Around the World with Donna (Jan. 4), What's Your Story? – An Interview with Resident Alan Bozorth (Jan. 11), Local Lore with Bill Bourne (Jan. 18), and Caring for Your Pet in the Winter with Ingrid (Jan. 25). Check it out!

Winter Wellness Tip: *Keeping your skin healthy doesn't have to be a chore during the winter months. Drink lots of water, don't forget to use sunscreen even on cloudy days, use a humidifier in your home, and find a good lotion with a moisture barrier.*