

HEALTH & WELLNESS



BLOOD PRESSURE

2nd Tuesday:	9:00 – 10:30 AM
3rd Wednesday:	10:30 – 11:45 AM
4th Tuesday:	10:00 – 11:15 AM
1st, 3rd & 5th (when applicable) Fridays:	12:00 – 12:30 PM

Provider: Good Samaritan

It's important to have your blood pressure checked on a regular basis. Please use this "free" service to assist you in making sure you are in good health.

BEGINNING STRETCHING AND STRENGTH TRAINING

Mondays & Fridays 11:00 – 11:50 AM

Fee: Free

This program is designed to aid you in performing everyday activities like climbing stairs, lifting objects, getting in and out of a chair with greater ease and with less risk of falling. Resistance training will help strengthen your muscles and decrease the rate of bone density loss due to aging, flexibility training will assist you in maintaining your Range of Motion (ROM). The health-related benefits from this program will have a considerable impact on your quality of life and in helping you stay independent. You will have fun, meet new people and push your body like never before. You will see a significant increase in your muscular strength, cardio respiratory endurance and overall increase in your quality of life.



LOWER BACK PAIN – NATURAL HEALING SO YOU DON'T HAVE TO TAKE ANY MORE PILLS!

Tuesday, July 9th 1:00 – 2:30 p.m.

Presenter: Adam Schetselaar, from Sound Balance Physical Therapy

Fee: Free

Back pain can make you lean on the shopping cart, take focus away from enjoying life and spending time with your grandchildren, ruin your travel plans, force you to rely on others and take away your ability to live life on your terms.

What to discuss during the class:

1. The top 3 causes of lower back pain
2. The single biggest #1 mistake back pain sufferers make which actually stops them from healing
3. A sure-fire way to pick the right treatment for your pain (and save a ton of time and money)
4. How a problem in your back can cause pain, numbness, tingling, or movement loss in your leg
5. What successful treatment and permanent relief looks like without the side effects of medications, injections or surgery

BELLY DANCE CLASS

Wednesdays 9:30 – 11:00 AM

Featuring the Sa'Diyah Dancers

Instructor: Shelby Lohr

Fee: Free

The Activity Center's very own "vintage" belly dancers! Belly Dance offers something for everyone! This low impact exercise offers body awareness, movement, and rhythm and is fun and friendly to all ages and body types. Drop-ins are always welcome!

CHAIR YOGA FOR SENIORS

Wednesdays 11:00 AM – 12:00 PM

Fee: \$5.00 per class (Payable to instructor)

Instructor: Barbara Ogolsky, RYT

Barbara is a Physical Therapist Assistant. Her class combines basic yoga postures, gentle stretching, breathing exercises and meditation. Please bring your own mat and remember to bring your bottle of water. Drop-in's always welcome.

FOOT CARE

Monday, July 1 9:00 AM – 3:00 PM

Monday, August 5 9:00 AM – 3:00 PM

Monday, September 9 9:00 AM – 3:00 PM

Call 253-579-6000 for an appointment. Cost for this service is based on a sliding fee scale and is determined by and paid to the foot care specialists.

THE "HAPPY" EXERCISERS ALWAYS EXERCISE WITH A "SMILE!"

Monday, Wednesday, and Friday 7:30 – 8:30 AM

Fee: Free

Creating new friendships is what this class is all about! Come and join the fun!

**S.A.I.L. PROGRAM
FUN WITH FITNESS**

Tuesday and Thursday 8:00 – 9:00 AM

Fee: \$3.00
Instructor: Sandy Gatlin

Stay Active and Independent for Life (S.A.I.L.) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the S.A.I.L. Program can help improve strength and balance, if done regularly. S.A.I.L. exercise can be done **standing** or **sitting** down. Each class meets for one hour.

It works...Increase your energy, be stronger, feel more confident, improve your walking, improve flexibility, improve your strength, decrease your risk of falling, maintain a healthy weight, sleep better and improve your self-image.

It's safe...Classes are conducted by fitness, exercise and healthcare professionals who have completed S.A.I.L. Program Leader training. Leaders work with participants to help achieve the best results from the fitness class.

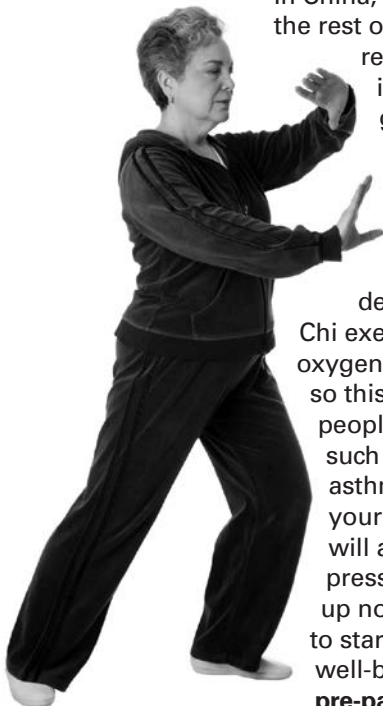
It's fun...Exercises are done to music and you will enjoy new friendships with the other people you meet!

TAI CHI

Thursdays, July - September 5:30 – 6:30 PM

Check calendar for exact dates
Fee: \$40.00 per 8-week session
8 week sessions then off 2 weeks and resume another 8 week session, etc.

Instructor: Ronny Llanos
Some experience is required!



In China, and increasingly throughout the rest of the world, Tai Chi is recognized for its great powers in instilling and maintaining good health and fitness in people of all ages. Regular practice prevents the onset of illness, and can prove effective in the treatment of common ailments and debilitating conditions. As all Tai Chi exercises are practiced slowly, no oxygen debt builds up during practice so this art is suitable for many people who suffer chronic illnesses such as high blood pressure and asthma. Doing Tai Chi will benefit your cardiovascular system. It will also help prevent high blood pressure and arteriosclerosis. Sign up now at the Receptionists' desk to start improving your health and well-being! **Pre-registration and pre-payment are required.**



PING PONG / TABLE TENNIS

Tuesdays and Thursdays 10:45 AM – 2:00 PM
(EXCEPT the last Tuesday of every month Ping Pong will start at 11:15 a.m. due to the Scramble Bar event)

Build new memories at the Puyallup Activity Center with new friends, men and women. This great, low-impact exercise offers new equipment, lots of room for all who want to join, fun times, and lots of laughter. Drop in when you can; all beginners and all levels welcome. No fee; paddles and balls are furnished by the Center.

VIDEO EXERCISE CLASS

Monday, Wednesday, and Friday 9:00 – 10:00 AM

Has your "get up and go," "got up and went?" Get moving and keep moving with a new video-led exercise class for seniors.

WEIGHT ROOM FACILITY

Monday – Friday 7:00 AM – 4:30 PM

Our weight room features 2 StarTrac treadmills, 2 Precor Recumbent Bikes, 2 Elliptical Machines, 2 Flat Benches, and light hand weights. Drop in anytime; no fees apply.

WEIGHT ROOM ORIENTATION

By Appointment Only
Designed for weight room beginners, this 30-minute orientation includes an overview of the cardiovascular and strength training equipment available in our weight room. Weight instruction is not included. Check in at the front desk before your scheduled time. Call the front desk at 253-841-5555 for an appointment.



WII BOWLING

Fridays 10:30 AM – 12:00 PM

Wii Bowling strikes it big with seniors! Be adventurous and join the fun. We will learn together; no experience necessary.