




Monday	Tuesday	Wednesday	Thursday	Friday
 THE VILLAGE AT SUMMERVILLE <i>Presbyterian Communities of South Carolina</i>		Wellness Calendar April 2022		
SEE BACK FOR CLASS DESCRIPTIONS AND DIFFICULTY LEVELS.	<i>For more information contact Kait or Julie in the Wellness Center (843)873-2550 ext 5490</i>			1 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:00 OLYMPIC GAMES Pep Rally 
4 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength	5 9:30 Chair Yoga 10:00 Yoga with a Mat 10:30 Mindful Meditation Retreat (Socrates Room) 1:30 Standing Balance 2:00 Cardio Ball Drumming	6 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength <u>2:30 Olympic Performers Meeting</u>	7 9:30 Chair Yoga 10:30 Bocce Ball & Putt-Putt (meet in Wellness Center) 11:00am Line Dancing 10:00 Yoga with a Mat 1:30 Standing Balance 2:00 Cardio Ball Drumming 3:00 Mindful Meditation Retreat (Socrates)	8 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:00 OLYMPIC GAMES Pep Rally 
11 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength	12 9:30 Chair Yoga 10:00 Yoga with a Mat 10:30 Mindful Meditation Retreat (Socrates Room) 1:30 Standing Balance 2:00 Cardio Ball Drumming	13 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength <u>2:30 Olympic Performers Meeting</u>	14 9:30 Chair Yoga 10:00 Yoga with a Mat 10:30 Prayer Garden Walk (meet in Wellness Center) 11:00am Line Dancing 1:30 Standing Balance 2:00 Cardio Ball Drumming 2:45 Walk the World Event (Tapp Dining)	15 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:00 OLYMPIC GAMES Pep Rally 
18 <u>SPIRIT WEEK— MISMATCH MON.</u> 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength	19 <u>SPIRIT WEEK— TROPICAL TUES.</u> 9:30 Chair Yoga 10:00 Yoga with a Mat 10:30 Mindful Meditation Retreat (Socrates Room) 1:30 Standing Balance 2:00 Cardio Ball Drumming	20 <u>SPIRIT WEEK— WAYBACK WED.</u> 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength <u>2:30 Olympic Performers Meeting</u>	21 —OUTING: PARK STROLL— <u>SPIRIT WEEK— TIE-DYE THURS.</u> 9:30 Chair Yoga 10:00 Yoga with a Mat 11:00am Line Dancing 1:30 Standing Balance 2:00 Cardio Ball Drumming 3:00 Mindful Meditation Retreat (Socrates)	22 <u>SPIRIT WEEK— WEAR GREEN</u> OLYMPIC GAMES (Bus Departs at 7:30am)
25 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength	26 9:30 Chair Yoga 10:00 Yoga with a Mat 10:30 Mindful Meditation Retreat (Socrates Room) 1:30 Standing Balance 2:00 Cardio Ball Drumming	27 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength 3:00 Mighty Minds (Art Studio)	28 9:30 Chair Yoga 11:00am Line Dancing 10:00 Yoga with a Mat 12:00 Lunch & Learn (Meet in CAC) 1:30 Standing Balance 2:00 Cardio Ball Drumming 3:00 Mindful Meditation Retreat (Socrates)	29 —OUTING: BIRDS OF PREY— 9:30 Bike Club Meeting 10:30 Water Aerobics 11:00 Yoga/Tai-Chi Pool Flow 1:30 Balance and Stretch 2:00 Seated Strength

Water Aerobics is a low-impact aquatic class for all fitness levels. Enjoy a safe and social environment while improving heart health, muscle strength, and joint mobility. Offered Mondays, Wednesdays, and Fridays at 10:30am. *A 30 min. class for all fitness abilities.*

Mighty Minds is a class to boost memory, attention, and more! Exercising your brain is just as important as exercising your body. Your brain also needs a regular workout and this class will help keep you mentally sharp!

Seated Strength utilizes free weights, bodyweight or resistance bands while seated in a chair or wheelchair. This class will help improve your activities of daily living, balance, strength and mobility. Offered Mondays, Wednesdays, and Fridays at 2:00 pm. *A 30 min. class for all fitness abilities.*

Balance and stretch is meant for those who would like to decrease their risk of falling. This class will improve posture, flexibility, strength and balance. Offered Mondays, Wednesdays, and Fridays at 1:30 pm. *A 30 min. class for all fitness abilities.*

Line Dancing is a class taught by Instructor Evelyn Ward. Research shows dancing can improve strength, balance and flexibility. These benefits mean better stability and fewer injuries! So join us as we move and groove to the music! Offered Thursdays at 11:00am. *This is a 30 min. class requiring participates to stand for the entire class.*

Cardio Ball Drumming is a great way to get your heart rate up and improve heart health! This is a total body workout done while seated or standing. We will incorporate upper and lower body movements as we drum to different songs! Offered Tuesdays and Thursdays at 2:00 pm. *A 30 min. class for all fitness abilities.*

Chair Yoga is taught by Instructor Marlene Cuggy. Yoga helps improve flexibility, lung capacity, circulation, strength, and balance. This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Offered Tuesdays and Thursdays at 9:30am. *A 30 min. class for all fitness abilities.*

Yoga with Mat is a gentle yoga class using a mat that is taught by Instructor Marlene Cuggy. This total body workout will improve strength, flexibility and balance. Offered Tuesdays and Thursdays at 10:00am. *This is a 30 min. class for those who can get up and down from the floor.*

Standing Balance is an advanced program perfect for anyone looking to decrease their risk of falling while increasing strength and flexibility. This class will focus on strengthening the areas of our body needed for balance and stability while being in a standing position. Offered Tuesdays and Thursdays at 1:30pm. *A 30 min. class that may require participates to stand the entire time.*

Yoga/Tai-Chi Pool Flow is a gentle pool class consisting of yoga and tai-chi to improve flexibility, lung capacity, circulation, strength, and balance. Offered Mondays, Wednesdays, and Fridays at 11:00am. *A 30 min. class for all fitness abilities.*

Mindful Meditation Retreat will be a once-a-week spa-like experience. Participants will practice quieting the mind through soft lighting, music, and aromatherapy. This retreat will promote emotional self-care, physical improvement, and higher brain function. Offered Tuesdays at 10:30am **IN THE ART STUDIO**. Space is limited. *A 30 min. session for all fitness abilities.*

NEW April Events & Outings:

- **Birds of Prey** (IL Outing) – Join us for an outing you won't forget! We will enjoy natural history, flight demonstrations, and a guided tour which will take a "deep dive" into specific groups of birds like owls, falcons, and vultures. This program takes place at the Center's 152-acre campus. **Sign-up** in the IL library book and departure time is 9:00am.
- **Azalea Park Stroll** (IL Outing) Azalea Park is a really nicely landscaped garden located in a residential area in the heart of Summerville. Extending over several city blocks, these gardens put on a spectacular display of flowers every spring. A series of pathways wind around the park with ponds, statues, trees, bushes, creeks, and flowers all along the way. **Sign-up** in the IL book in the library and bus departs at 10:00am.
- **OLYMPIC GAMES Pep Rallies** – Show community spirit and support by attending the Olympic pep rallies! These fun events will include performances, food, and games! Please wear **green** and be ready to party! These events will begin at 1:30pm under the Front Porch; in the event of rain they will be held in the Tapp Dining Room.
- **OLYMPIC GAMES MAIN EVENT:** The PCSC Olympic Games will take place on April 22nd! We have rented a charter bus for the trip to Columbia. A boxed breakfast will be provided and the bus will depart at 7:30am. We are thrilled to announce our Olympians this year will be Carol St. Marie, Ruth Belk, Loren Hagen, Lewis Mitchell, Dolly Mitchell, Ned Shows, Bobby Glisson, Pat Hollifield, Yvonne May, and Ed LeRoy.
- **Bike Riding Club-** Interested in riding a bike/trike? Then this is the club for you! We will meet at the Wellness Center and please bring your bike or trike!

Please contact the Wellness Center to make an appointment for:

- **Wellness Center Orientation:** Learn more about what the Wellness Center has to offer including events, classes and equipment.
- **Exercise Assessment and Prescription:** Schedule an appointment for a physical assessment and a personalized exercise prescription.