



FELLOWSHIP SQUARE  
HISTORIC MESA

# SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

March is the perfect month to recommit to your strength, energy, and independence. Winter is finally loosening its grip, and every step you take now sets the tone for a vibrant spring ahead. When you show up to exercise, you're not just moving your body—you're investing in your balance, your confidence, and your ability to keep doing the things you love. So come in, move with us, and feel the difference that even a few sessions can make.

## DID YOU KNOW YOU ?

You can use the Vibration plate/shake machine in the gym?

The Vibration machine helps facilitate lymphatic drainage by using high-intensity, rapid vibrations. Using these machines for 10-15 minutes daily can help reduce water retention, improve circulation, and stimulate lymph flow.

## SHARE YOUR SUCCESS STORIES

How to Share? Write your story/Submit to Kat  
Your success doesn't have to be big—every win counts:

- Feeling stronger or more energized
- Improved balance or flexibility
- Feeling happier or more confident

Thank you for being part of our fitness journey.

## MARCH HIGHLIGHTS

### Brain Fitness

March 5 & 26 | 3:00 PM | CTR – CR Gym

### Liberty Wildlife

Wednesday, 3/11 | 9:30 AM – 12:30 PM

Meet in the Center Gym

\$15 entry fee (cash, pre-pay by 3/9)

### Walking & Clinics

Fridays | 8:30 AM – CTR Gym

Full-body, joint-friendly walking that improves posture and gait.

### Brain Fitness Challenge

March 2-27 | Accomplish brain activities daily and be entered into a prize drawing!

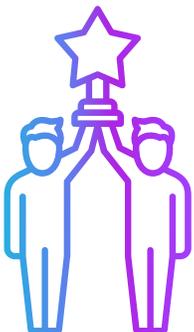
Return completed forms to Kat (Center Gym). (See flyer for details.)

### Wellness Talk: Brain Health

Thursday, 3/12 | 3:00 PM | CTR – CR Gym

- How your Brain works?
- The Capabilities of the Human Brain
- Brain Facts
- Brain Fitness

## KAY M. SHARING HER WIN



I am an 89-year-old woman who never did any regular exercise. Recently I have had some aches and pains as well as strength and balance challenges. Kat did a test that showed I have a 65% chance of falling. My husband and Penny Lewis insisted I get a walker. I then began to attend a few of Kat's classes and also get physical therapy. I am doing the prescribed exercises from pt at home and in an amazingly short time my fall chances are reduced from 65% to 40% and I see and feel improvement in all areas. I plan to continue with Kats classes and pt if we get another organization in house.

# MARCH WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit &amp; Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>3</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:30 Breathe &amp; Meditate 3:00 Basketball</p>	<p>4</p> <p>9:00 Wii Bowling 10:00 Oasis Zumba</p> <p>11:00 Circuit 12:00 GCR-CR Fit</p> <p>1:30 Chair Yoga 3:00 Paul GRP (AR)</p>	<p>5</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit</p> <p>1:30 AL Sit &amp; Fit 3:00 BRAIN FIT</p>	<p>6</p> <p>8:30 Walking GRP 9:00 Wii Bowling 10:00 Fitness Orientation</p> <p>10:30 Balance/Fit 11:00 Strength/Fit</p>
<p>9</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit &amp; Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>10</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:30 Breathe &amp; Meditate 3:00 Basketball</p>	<p>11</p> <p>9:00 Wii Bowling 9:30 - 12:30 Trip to Liberty Wildlife</p> <p>2:30 Chair Yoga 3:00 Paul GRP (AR)</p>	<p>12</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit</p> <p>1:30 AL Sit &amp; Fit 3:00 BRAIN HEALTH WELLNESS TALK</p>	<p>13</p> <p>8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit 11:30 Volleyball</p>
<p>16</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit &amp; Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>17</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:30 Breathe &amp; Meditate 3:00 Basketball</p>	<p>18</p> <p>9:00 Wii Bowling 10:00 Oasis Zumba</p> <p>11:00 Circuit 12:00 GCR-CR Fit</p> <p>1:30 Chair Yoga 3:00 Paul GRP (AR)</p>	<p>19</p> <p>10:30 Meet for Exercise (No Instructor)</p> <p>No Class</p>	<p>20</p> <p>10:30 Meet for Exercise (No Instructor)</p> <p>No Class</p>
<p>23</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit &amp; Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>24</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:30 Breathe &amp; Meditate 3:00 Basketball</p>	<p>25</p> <p>9:00 Wii Bowling 10:00 Oasis Zumba</p> <p>11:00 Circuit 12:00 GCR-CR Fit</p> <p>2:30 Chair Yoga 3:00 Paul GRP (AR)</p>	<p>26</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit 1:30 AL Sit &amp; Fit 2:00 AL Brain Fit</p> <p>3:00 BRAIN FIT</p>	<p>27</p> <p>8:30 Walking GRP 9:00 Wii Bowling 10:00 Sciatica Fit</p> <p>10:30 Balance/Fit 11:00 Strength/Fit</p>
<p>30</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit &amp; Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>31</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:30 Breathe &amp; Meditate 3:00 Basketball</p>	<p>● Oasis / AL</p> <p>● Mind-Body</p> <p>● Sports</p> <p>● Outing / Trip</p> <p>● Educational</p>		 <p>FELLOWSHIP SQUARE HISTORIC MESA</p>



# Brain Fitness Challenge

## 4-Weeks March 2-31

### March 2-31 | Accomplish daily and be entered into a prize drawing!

- March 2 - Learn 5 new vocabulary words
- March 3 - Do a 15-minute memory exercise
- March 4 - Read a nonfiction article and summarize it
- March 5 - Practice a new hobby for 20 minutes
- March 6 - Do a 10-minute meditation session
- March 7 - Call a friend and discuss a meaningful topic
- March 8 - Try a new brain-training app for 15 minutes
- March 9 - Write a short journal entry
- March 10 - Walk for 20 minutes while noticing surroundings
- March 11 - Learn a fun fact and repeat it later
- March 12 - Do a simple math challenge
- March 13 - Listen to a podcast and note 3 takeaways
- March 14 - Practice hand-eye coordination activity
- March 15 - Try a new recipe
- March 16 - Do a 10-minute stretching routine
- March 17 - Play a strategy game
- March 18 - Review old photos and recall details
- March 19 - Learn a new phrase in another language
- March 20 - Do a creative drawing exercise
- March 21 - Read for 20 minutes
- March 22 - Practice deep breathing for 5 minutes
- March 23 - Try a memory card game
- March 24 - Write a letter or email to someone
- March 25 - Learn about a historical event
- March 26 - Do a pattern-recognition activity
- March 27 - Practice gratitude by listing 3 things
- March 28 - Try a new music genre
- March 29 - Do a 15-minute balance exercise
- March 30 - Watch an educational video
- March 31 - Reflect on the month and set April goals