



FELLOWSHIP SQUARE
HISTORIC MESA

SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

As the days grow longer and the weather becomes warmer, April is the perfect time to refresh your body and mind with movement.

DID YOU KNOW YOU ?

Your diet can cause inflammation in your feet. Inflamed tissues can create many foot conditions and diseases. One of the typical causes of heel pain is inflammation of the plantar fascia, which stabilizes the arch of the foot and supports the body's weight. Plantar fasciitis, along with other inflammatory conditions such as painful arches, heel spurs, and arthritis may be further irritated by eating the following foods:

- Foods that are made with white flour such as snacks, pasta, and desserts
- Animal protein sources that are loaded with saturated fat
- Some vegetable oils that have elevated levels of omega-6 fats
- Prepared foods with too much sugar, refined grains, and trans-fat

APRIL HIGHLIGHTS

Brain Fitness

April 2 & 16 | 3:00 PM | CTR – CR Gym

Irish Cultural Center

Wednesday, 4/29 | 10:30 AM – 2:30 PM
Meet in the Center Gym
\$7 entry fee (cash, pre-pay by 4/27)

Walking & Clinics

Fridays | 8:30 AM – CTR Gym
Full-body, joint-friendly walking that improves posture and gait.

Spring into Strength Challenge

April 1-30 | Accomplish activities daily and be entered into a prize drawing! Return completed forms to Kat (Center Gym). (See flyer for details.)

Wellness Talk

Strong Feet = Safe Movement

Thursday, 4/9 | 3:00 PM | CTR – CR Gym

- Right Shoes
- Foot Care & Circulation Basics
- When to see a podiatrist Q&A
- Tennis ball release for your feet



NORMA RIVERA SHARING HER WIN

With Katerina's program and encouragement I feel my balance has improved from 40% to 95% in just 2 months! I am very happy with the results!! And my son is also very happy!!His opinion is very important to me.

SHARE YOUR SUCCESS STORIES

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

APRIL WELLNESS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
 <p>FELLOWSHIP SQUARE HISTORIC MESA</p>	<ul style="list-style-type: none"> ● Oasis / AL ● Mind-Body ● Sports ● Outing / Trip ● Educational 	<p>1</p> <p>9:00 Wii Bowling 10:00 Oasis Zumba</p> <p>11:00 Circuit 12:00 GCR-CR Fit</p> <p>1:00 Chair Yoga</p>	<p>2</p> <p>10:00 Egg Hunt 10:30 Functional Fitness 1:00 Oasis Brain Fit</p> <p>1:30 AL Sit & Fit 3:00 BRAIN FIT</p>	<p>3</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>6</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit & Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>7</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:00 Breathe & Meditate</p>	<p>8</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 (AG)</p>	<p>9</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit</p> <p>1:30 AL Sit & Fit 3:00 STRONG FEET WELLNESS TALK</p>	<p>10</p> <p>8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit</p> <p>11:30 Volleyball</p>
	<p>13</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit & Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>14</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:30 Breathe & M 3:00 Basketball 4:30 Water class (Q1)</p>	<p>15</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>16</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit</p> <p>1:30 AL Sit & Fit 3:00 BRAIN FIT</p>	<p>17</p> <p>8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit</p>
	<p>20</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit & Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>21</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:30 Breathe & Meditate 3:00 Basketball</p>	<p>22</p> <p>9:00 Wii Bowling 10:00 Oasis Zumba</p> <p>11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)</p>	<p>23</p> <p>10:30 Functional Fitness</p> <p>1:00 Oasis Brain Fit 1:30 AL Sit & Fit 2:00 AL Brain Fit</p>	<p>24</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>27</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit & Fit</p> <p>11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p>	<p>28</p> <p>9:30 Tai-chi 10:30 Chair Boxing</p> <p>2:30 Breathe & Meditate 3:00 Basketball</p>	<p>29</p> <p>9:00 Wii Bowling 10:30 - 2:30 Trip to Irish Cultural Ct.</p> <p>3:00 Paul GRP (AR)</p>	<p>30</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit 1:30 AL Sit & Fit 3:00 Grief Yoga</p>	

"SPRING INTO STRENGTH" CHALLENGE

April 1-30

Focus: Strength, balance, confidence

Goal: Build functional strength for daily living



Week 1 – Wake Up the Muscles

Goal: Build consistency and confidence.

Activities:

- Chair squats or sit-to-stands – 10 reps
- Seated or standing bicep curls – 12 reps
- Shoulder rolls – 10 reps
- 10–15 minute walk
- Gentle stretching

Challenge Goal: Complete 3 workouts this week

Week 2 – Build Strength

Goal: Increase repetitions and resistance.

Activities:

- Sit-to-stands – 12 reps
- Resistance band rows – 12 reps
- Heel raises – 15 reps
- Light dumbbell shoulder press – 10 reps
- 15–20 minute walk

Challenge Goal: Complete 4 workouts

Week 3 – Strength + Balance

Goal: Improve stability and fall prevention.

Activities:

- Sit-to-stands – 15 reps
- Side leg raises – 10 each leg
- Heel-to-toe balance walk
- Wall push-ups – 12 reps
- 20 minute walk

Challenge Goal: 4–5 workouts

Week 4 – Strong & Confident

Goal: Combine strength and endurance.

Activities:

- Sit-to-stands – 15 reps
- Bicep curls – 15 reps
- Step touches or marching – 2 minutes
- Resistance band rows – 15 reps
- Balance hold – 10 seconds each leg

Challenge Goal: 5 activity days