



FELLOWSHIP SQUARE
HISTORIC MESA

SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

In Arizona, May marks the beginning of very hot weather, making hydration and water exercise extremely important! Older adults are more vulnerable to dehydration and heat-related illnesses, so drinking water and exercising in water can help keep them safe and healthy.

BENEFITS OF WATER FITNESS

- Low Impact on Joints
- Improves Cardiovascular Health
- Builds Strength Safely
- Increases Flexibility and Mobility
- Supports Mental Health and Brain Function
- Improves sleep
- Reduces chronic pain
- Safe for beginners
- Boosts confidence in movement

Teresa Pawlik is a resident volunteer who organizes water exercise classes Monday through Friday at 10:00 a.m. in the Q5 pool. Teresa loves being in the water! She says, "You don't feel the exercise while you are in the pool. The more you do it, the less pain you have."

NATIONAL SENIOR HEALTH AND FITNESS CELEBRATION

May 4-29 | Track your water intake daily and be entered into a prize drawing! Return completed tracking sheet to Kat (Center Gym). (See flyer for details.)

MAY HIGHLIGHTS

Brain Fitness

May 7 & 28 | 3:00 PM | CTR – CR Gym

Olive Mill

Wednesday, 5/20 | 9:30 AM – 2:00 PM
\$8 entry fee (cash, pre-pay by 5/15) CTR
Olive Oil 101 Tour

Walking & Clinics

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

4-Week Hydration Challenge

May 4-29 | Track your water intake daily and be entered into a prize drawing! Return completed tracking sheet to Kat (Center Gym). (See flyer for details.)

Wellness Talk

Hydration for Active Adults

- Thursday, 5/14 3:00 PM | CTR – CR Gym
- Water in Our Bodies
 - Electrolytes
 - Dehydration Signs
 - Hydration Recommendations & Tips

TERESA MAXWELL SHARING HER WIN

What challenges was I facing before I began exercise program?
Imbalance, muscle + join pain, limited shoulder, spine + leg movement due to injury/illness. I now use 3 pound weights when exercising and my shoulder doesn't hurt at all. I don't always stand up straight but I have not fallen in 3 years. I can lift my legs + do movement's that I couldn't do before.


SHARE YOUR SUCCESS STORIES

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

Congrats to Bill Eddings! He has recorded over 187,000 steps outside his apartment during the month of March!



MAY 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>8:30 Walking GRP 9:00 Wii Bowling 10:00 Fitness Orientation 10:30 Balance/Fit 11:00 Strength/Fit</p> |
| <p>4</p> <p>9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p> | <p>5</p> <p>9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe & Meditate 3:00 Basketball 4:30 Water Fit Q5</p> | <p>6</p> <p>9:00 Wii Bowling 10:00 Oasis Zumba 11:00 Circuit 12:00 GCR-CR Fit 2:Chair Yoga 3:00 Paul GRP (AR)</p> | <p>7</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit 1:30 AL Sit & Fit 3:00 BRAIN FIT</p> | <p>8</p> <p>8:30 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:00 Strength/Fit</p> |
| <p>11</p> <p>9:00 Wii Bowling 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p> | <p>12</p> <p>9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe & Meditate 3:00 Basketball 4:30 Water Fit Q5</p> | <p>13</p> <p>9:00 Wii Bowling 10:00 Oasis Zumba 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)</p> | <p>14</p> <p>9:00 Tai-chi GCR 10:30 Functional Fitness 1:30 AL/MC Volleyball Game 3:00 Wellness talk HYDRATION</p> | <p>15</p> <p>8:30 Walking GRP 9:30 Water Fun Q1 10:30 Balance/Fit 11:00 Chair Zumba 11:30 Volleyball 1:00 Fun Sports</p> |
| <p>18</p> <p>9:00 Wii Bowling 10:00 Oasis Yoga 11:00 Sit & Fit 11:45 Dance CTR 1:30 Tai-chi 2:15 AL Yoga / Tai-chi</p> | <p>19</p> <p>9:30 Tai-chi 10:30 Chair Boxing 2:30 Breathe & Meditate 3:00 Basketball 4:30 Water Fit Q5</p> | <p>20</p> <p>9:00 Wii Bowling 9:30 - 2:30 Trip to Olive Mill 3:00 Paul GRP (AR)</p> | <p>21</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit 1:30 AL Sit & Fit</p> | <p>22</p> <p>8:30 Walking GRP 9:00 Wii Bowling 10:00 Sciatica Fit 10:30 Balance/Fit 11:00 Strength/Fit</p> |
| <p>25</p> <p>9:00 Wii Bowling No Class HAPPY MEMORIAL Day</p> | <p>26</p> <p>10:30 Exercise with Peggy S.</p> | <p>27</p> <p>9:00 Wii Bowling 10:30 Exercise with Peggy S.</p> | <p>28</p> <p>10:30 Functional Fitness 1:00 Oasis Brain Fit 1:30 AL Sit & Fit 2:00 AL Brain Fit 3:00 BRAIN FIT</p> | <p>29</p> <p>8:30 Walking GRP 9:00 Wii Bowling 9:30 Water Fun Q1 10:30 Balance/Fit 11:00 Strength/Fit</p> |

“Sip Smart – Stay Strong!”

4-Week Hydration Challenge

May 4-29 | Track your water intake daily and be entered into a prize drawing!
Return completed tracking sheet to Kat (Center Gym).

Week 1 – Hydration Awareness - Drink 5-6 cups Daily

Week 2 – Flavor Your Water - Drink 6-7 cups of fluids Daily

Week 3 – Hydrate for Strength - Drink 7-8 cups of fluids Daily

Week 4 – Hydration Habits - Maintain 7-8 cups of fluids Daily



Keeps Your Body Hydrated

Helps maintain the body's fluid balance so organs can function properly.



Supports Healthy Digestion

Aids the digestive system and helps the body absorb nutrients more effectively.



Helps Remove Toxins

Supports the kidneys in flushing out waste and toxins through urine and sweat.



Promotes Healthier Skin

Proper hydration keeps skin looking fresh, smooth, and naturally glowing.



Boosts Energy and Focus

Staying hydrated helps reduce fatigue and improves concentration throughout the day.



NATIONAL SENIOR HEALTH AND FITNESS CELEBRATION THURSDAY 5/14 AND FRIDAY 5/15

THURSDAY 5/14

9:00 WAKE UP WITH TAI-CHI GCR

10:30 FUNCTIONAL FITNESS CTR

1:30 AL/MC VOLLEYBALL GAME
(2ND FLOOR)

3:00 WELLNESS TALK - CTR
HYDRATION FOR ACTIVE ADULTS

FRIDAY 5/15

8:30 WALKING - meet at CTR

9:30 WATER FUN Q1

10:30 BALANCE/FIT - CTR

11:00 CHAIR ZUMBA- CTR

11:30 VOLLEYBALL - CTR

(REFRESHMENTS PROVIDED)

1:00 FUN SPORTS
(Cornhole, Basketball, Wii)

“MOVE A LITTLE...LIVE A LOT!”

Fellowship Square Historic Mesa
35 W Brown, Mesa AZ 85201
480-290-7012



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