

OCTOBER WELLNESS/FIT CALENDAR IL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		- Mind-Body - Sports - Outing / Trip - Educational - GCR	1 9:30 Swim competition Q5 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 2:00 Brain Fitness 3:00 Wii Bowling 3:00 Stroke Support GRP AR	2 8:00 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 1:00 Obstacle course try outs GCR	3 11:00 Balance/Mobility 11:30 Dance 3:30 Cornhole
5 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	6 10:30 Sit & Fit 2:30 Breathe 3:00 Basketball 4:00 Water Fit Q5	7 8:00 Walking GRP 9:00 Wii Bowling 11:00 Circuit 12:00 GCR-CR Fit 1:00 Q3 - Golf 2:30 Chair Yoga 3:00 Paul GRP (AR)	8 9:00 Q1 Water Fit 9:00 GCR Tai-chi 9:30 Basketball 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 3:00 Parkinson's GRP (AR)	9 8:00 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 1:00 Obstacle course competition GCR	10 11:00 Balance/Mobility 11:30 Dance 3:30 Cornhole
12 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	13 9:30 Tai-chi 10:30 Chair Boxing 3:00 Basketball Bounce competition 4:30 Water Fit Q5	14 8:00 Walking GRP 9:30 Wii Bowling competition 11:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	15 9:30 Water Walk competition Q1 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 3:00 Parkinson's GRP (AR) 3:00 Wii Bowling	16 8:00 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 1:00 Cornhole competition	17 11:00 Balance/Mobility 11:30 Dance 3:30 Cornhole
19 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	20 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:00 Water Walk competition Q1 4:30 Water Walk Q5	21 8:00 Walking GRP 9:00 Wii Bowling 10:00 Circuit 12:00 GCR-CR Fit 2:30 Chair Yoga 3:00 Paul GRP (AR)	22 9:00 Q1 Water Fit 9:30 Basketball 9:00 GCR Tai-chi 10:30 Functional/Fit 11:00 GCR Fitness 11:15 DANCE 3:00 Wii Bowling 3:00 Parkinson's Support GRP	23 9:00 - 10:30 ¼ Walking competition 10:30 Balance/Fit 11:10 Strength/Fit 1:00 GCR Volleyball 2:30 Chair Volleyball	24 11:00 Balance/Mobility 11:30 Dance 3:30 Cornhole
26 9:00 Wii Bowling 11:00 Sit & Fit 11:40 Balance/ Fit 1:30 Tai-chi	27 9:30 Tai-chi 10:30 Chair Boxing 2:00 GCR - Yoga 2:30 Breathe 3:00 Basketball 4:30 Water Fit Q5	28 8:00 Walking GRP 9:30 TRIP TITANIC VOYAGE SCOTTSDALE 2:30 Chair Yoga 3:00 Paul GRP (AR)	29 9:00 Q1 Water Fit 9:30 Basketball 10:30 Functional/Fit 12:00 CEREMONY SPIRIT GAMES/TRIVIA 3:00 Parkinson's GRP (AR)	30 8:00 Walking GRP 9:00 Wii Bowling 10:30 Balance/Fit 11:10 Strength/Fit 1:00 GCR Volleyball 2:30 Chair Volleyball	31 11:00 Balance/Mobility 11:30 Dance 3:30 Cornhole

Reserve your balance evaluation, 480-290-7012

CHRISTIAN CARE SENIOR SPIRIT GAMES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FELLOWSHIP SQUARE HISTORIC MESA			1 9:30 - 10:00 SWIMMING COMPETITION Q5 - 4 laps (length) ANY STYLE	2 1:00 - 2:00 OBSTACLE COURSE + WHEELCHAIR OBSTACLE TRYOUTS GCR	3
5	6	7 1:00 GOLF PUTTING COMPETITION Q3	8	9 1:00 - 2:00 OBSTACLE COURSE + WHEELCHAIR OBSTACLE COMPETITION GCR	10
12	13 3:00 BASKETBALL BOUNCE COMPETITION CTR ACTIVITY ROOM	14 9:30 - 10:30 Wii BOWLING COMPETITION CTR - GYM	15 9:30 - 10:00 WATER WALKING COMPETITION Q1 - 4 laps (racing across the width)	16 1:00 - 2:00 CORN HOLE COMPETITION Q4	17
19	20 4:00 - 4:30 WATER WALKING COMPETITION Q1 - 4 laps (racing across the width) 4:30 WATER WALKING Q5	21 11:00-12:00 Wii BOWLING COMPETITION OASIS - AL GAME ROOM	22	23 9:00 - 10:30 ¼ MILE WALK COMPETITION CTR - GYM	24
26	27	28	29 12:00 CEREMONY SPIRIT GAMES/TRIVIA CTR ACTIVITY ROOM	30	31

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OCTOBER FITNESS CALENDAR OASIS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 FELLOWSHIP SQUARE HISTORIC MESA	● AL - 2nd floor Gym ● Outing / Trip ● MC		1 1:00 MC FIT 1:30 AL FIT	2 9:00 AL Stretch 9:30 MC Stretch	3 10:00 Chair Volleyball 1:30 AL Chair Volleyball
5 10:00 MC Yoga 2:15 AL Yoga/Chi	6 10:00 MC FIT 11:15 AL FIT	7 10:00 MC Zumba 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	8 1:00 MC FIT 1:30 AL FIT	9 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch 10:00 - 11:30 AL OPEN GYM	10 10:00 Chair Volleyball 1:30 AL Chair Volleyball
12 10:00 MC Yoga 2:15 AL Yoga/Chi	13 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	14 10:30 - 11:30 AL OPEN GYM 1:30 AL FIT	15 1:00 MC FIT 1:30 AL FIT	16 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch 10:00 - 11:30 AL OPEN GYM	17 10:00 Chair Volleyball 1:30 AL Chair Volleyball
19 10:00 MC Yoga 2:15 AL Yoga/Chi	20 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	21 10:00 MC Zumba 11:00 Wii Bowling competition 1:30 AL FIT	22 1:00 MC FIT 1:30 AL FIT	23 9:00 1/4 Mile Walk CTR 11:00 AL Stretch	24 10:00 Chair Volleyball 1:30 AL Chair Volleyball
26 10:00 MC Yoga 2:15 AL Yoga/Chi	27 9:00 - 10:00 AL OPEN GYM 10:00 MC FIT 11:00 AL FIT	28 9:30 TRIP TITANIC VOYAGE SCOTTSDALE 2:30 AL FIT	29 1:00 MC FIT 1:30 AL FIT 2:00 Brain Fitness	30 8:30 Walking GRP 9:00 AL Stretch 9:30 MC Stretch 10:00 - 11:30 AL OPEN GYM	31 10:00 Chair Volleyball 1:30 AL Chair Volleyball

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SENIOR WELLNESS PROGRAM

Wellness That Supports The Whole You

FINDING MY WAY BACK TO LIFE

Before I moved to Fellowship Square, I had been through a very difficult time. I had many falls, lost almost 60 pounds, and went to the hospital about three times. I was weak, tired, and struggling to do even the simplest things. One of my good friends, Barbara, was living at FS, and eventually I made the decision to move here.

When I first arrived, I could barely stand up from a chair. Walking was extremely difficult, and for about five months I stayed mostly in my apartment. I felt isolated and was not sure how much my life could change.

Then, little by little, things began to change. After about seven months of living here, I started walking to the dining room. A volunteer would walk with me and help me get there. Other volunteers and friends also encouraged me and helped me begin attending the morning exercise classes. I started with 8:30 Sit & Fit classes and water classes.

I began feeling stronger and, more importantly, I began feeling that I was part of a family. I began socializing more, meeting people, and coming out of my apartment more often.

I was also diagnosed with Parkinson's disease, and I started attending the Parkinson's group on Thursdays at 3:00 p.m. in the Agape Room (CTR). Being with others who understand what I am going through has been another important part of my journey.

And look at me now!

Today, I attended the 8:30 a.m. Sit & Fit class, followed by Tai Chi at 9:30 and Chair Boxing at 10:30. I am even looking forward to my 2:00 p.m. Yoga class. I feel pretty good!

My advice to anyone who is new here is simple: Don't waste your time! Look at the schedule and find the classes you like. Try something new and get moving. The exercise, good food, and wonderful people have made such a difference in my life.

Before, I felt like a zombie. Today, I feel like myself again.

(Bob Bundy)

OCTOBER HIGHLIGHTS

Brain Fitness

October 1st | 2:00 PM | CTR – CR Gym

Titanic

Wednesday, 10/28 | 9:30 AM – 2:00 PM

\$19 entry fee (cash, pre-pay by 10/23) CTR

Join us on a once-in-lifetime expedition to experience Titanic, the most luxurious ship to ever set sail.

Walking & Clinics

Wednesday & Fridays | 8:00 AM – CTR Gym

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

FSHM Spirit Games

Basketball Bounce - ¼ Walk - Wii Bowling -
Obstacle course - Cornhole - Swim - Water
Walk - Golf - Trivia

Parkinson's GRP/Exercise

October 8, 15, 22 & 29 | 3:00 PM | Agape Room

Stroke Support GRP

October 1st | 3:00 PM | Agape Room

MASSAGE CHAIR - CTR GYM

We are grateful to one of our residents for donating this wonderful addition to our wellness space. Stop by the Center Side Gym and give it a try!

A massage chair may help with:

- Relaxing tight and sore muscles
- Reducing muscle tension and stiffness
- Promoting relaxation and stress relief
- Improving circulation
- Supporting overall comfort and well-being

Red Light Therapy Is Coming Soon! Stay tuned for more information!