

# Health Screenings & Fitness/ Wellness Programs

Updated April 2012

Please check the Hebron Senior Newsletter for monthly dates. Ongoing groups do not meet when the Senior Center is closed due to inclement weather or on town holidays.

- Please come to the Senior Center or call during normal business hours to have your name put on a list.
- Payment in the form of a personal check or cash must be received by the deadline date listed in the Senior Newsletter. If paying by check make sure phone and license number are on the check.

## **Payment:**

- Typically fees are associated with instructional classes, exercise programs, trips and special events.
- For programs or trips requiring payment: Payment in the form of a personal check (payable to *Russell Mercier Senior Center*) or cash must be received at the time of sign-up. If paying by check make sure phone and license number are on the check.
- Payment for separate programs must be kept separate. For example, when paying for a \$25 trip and \$1 cooking demonstration, one check for \$26 is not allowed.

## **Health Screenings:**

### **Blood Pressure Checks** (Once monthly at the Senior Center)

- No Fee-for-Service
- VNA East Nurse
- No appointment is necessary.

### **Expanded Nursing Services** (Typically twice monthly at the Senior Center)

- Fee-for-Service
- VNA East Nurse
- Cholesterol, Blood Sugar monitoring, Foot care, and Ear irrigation services are available by appointment. Additionally, free blood pressure checks are available- no appointment is necessary.
- Please call the VNA East directly at (860) 456-7288 to schedule an appointment

### **Hearing Screenings** (Typically every 6 months at the Senior Center)

- No Fee-for-Service
- Audiologist, Dr. Anne Kessler
- Please schedule an appointment at the Senior Center.

### **Flu/Pneumonia Vaccinations** (Seasonal at the Senior Center)

- Fee-for-Service
- VNA East nursing staff
- No appointment is necessary.

**Podiatry Services** (Typically every 2-3 months at the Senior Center)

- Fee-for-Service
- Dr. Anthony Morgan, D.P.M.
- Please schedule an appointment at the Senior Center.

**Fitness/ Wellness:**

**Low Impact Total Body Workout** (This class is 24 sessions- Tuesdays and Thursdays from 9:30 a.m.-10:15 a.m.)

- Join instructor, Torri Buchwald for our **Low Impact Total Body Workout**, a strategic workout following a muscle calendar which touches upon all of the muscles in the body during the 24 sessions.
- There is a \$45 fee for the entire 24 sessions and \$24 fee for 12 sessions.
- Please consult the Hebron Senior Newsletter for all applicable dates.
- Please sign up at the Senior Center.

**Co-Ed Fitness** (This class is 24 sessions- Tuesdays and Thursdays from 10:20am-11:05 a.m.)

- Join instructor, Torri Buchwald for our **Co-Ed Fitness** class. This class is great for those new to exercise, those who haven't exercised in a while, those with physical limitations, etc. It focuses on core stretch, strength, and balance from either a sitting or standing position. If other exercise classes have been too rigorous for you, this may be the perfect level.
- There is a \$45 fee for the entire 24 sessions and \$24 fee for 12 sessions.
- Please consult the Hebron Senior Newsletter for all applicable dates.
- Please sign up at the Senior Center.

**Zumba Gold** (This class is 8 sessions-Mondays from 10:45-11:45am)

- Join instructor, Kristen Copley for our **Zumba Gold** class. This class makes exercising fun. Zumba Gold builds cardiovascular health by working muscles of the legs, hips, and arms with dance moves. Zumba Gold is comprised of the popular Latin music. If you want to have fun while getting your exercise in this is a class you do not want to miss.
- There is a \$20 fee for the entire 8 sessions.
- Please consult the Hebron Senior Newsletter for all applicable dates.
- Please sign up at the Senior Center.

**Tai Chi** (This class is 6 session-Fridays from 10:30-11:15am)

- Join instructor, Susan McCaffrey for our **Tai Chi** class. This class is an evidence based community fall prevention program for older adults. The program protocol consists of a core 8 form routine which involves a set of simple, continuous, rhythmic and

functional Tai Chi based actions. The program represents a significant enhancement of traditional Tai Chi by transforming the movements into therapeutic training for balance and integrating the movements into daily functioning for older adults

- There is a \$25 fee for the entire 6 sessions
- Please consult the Hebron Senior Newsletter for all applicable dates.
- Please sign up at the Senior Center.

**Yoga** (This class occurs in 4 week increments-Wednesdays from 10:00-11:15am)

- Join instructor Susan McCaffrey for our **Yoga** class. She will be instructing a type of yoga called Hatha. Hatha is an easy to learn basic form of yoga that is the foundation of all yoga styles. It incorporates postures, regulating breathing and meditation into a complete system that can be used for exercise and stress management. If you need more relaxation in your life and want to exercise at the same time, don't miss this monthly class.
- There is a \$15 fee for the entire 4 sessions
- Please consult the Hebron Senior Newsletter for all applicable dates.
- Please sign up at the Senior Center.

**Walking Group** (Every Friday 9:00am)

- This group meets at the Senior Center and carools to area parks and walking trails to walk a distance of between 2 and 3 miles.
- There is no need to sign up in advance.

**Nintendo Wii Bowling** (Every Wednesday at 11:00 a.m.)

- Wii bowling is the fun new way to bowl while standing up or sitting in a chair.
- The Wii system is unlike any other- it offers remote-controlled gaming, so when you move, the character on the screen does too.
- Use of the Wii system, and specifically the bowling program has swept the nation amongst senior groups. It is a great opportunity to socialize (whether playing or watching), encourages hand-eye coordination and balance, and is also a great intergenerational activity.