



January 2019

WELLNESS CONNECTION

Membership is included for OCW residents
 \$50 for community members
 Office Hours: M-F 8 a.m. - 4 p.m.
 Fitness Club/Pool Hours: 6 a.m. - 7 p.m.

The Wellness Connection


at O'Connor Woods

3400 Wagner Heights Road • Stockton, CA 95209
 Phone: (209) 956-3470

MONDAY


Tone Up
9:00 a.m.

Build Me Up
10:00 a.m.

Flow Motion
10:00 a.m. 

Delay the Disease
11:00 a.m.

Sunrise Chair Yoga
11:15 a.m.

Aqua Blast
5:00 p.m. 

TUESDAY

Flow Motion
9:00 a.m. 

Core Focus
9:30 a.m.

Chair Dancing
10:00 a.m.

Aqua Arthritis
10:00 a.m. 

FallProof
10:45 a.m. 

Aqua Body Moves & Stretching
1:00 p.m. 


Brain Fitness
3:00 p.m.
Starting January 15

Tai Chi
6:30 p.m.
Starting January 8

WEDNESDAY

Tone Up
9:00 a.m.


Build Me Up
10:00 a.m.

H₂O Circuits
10:00 a.m. 

Heart & Sole
10:30 a.m.

Sunrise Chair Yoga
11:15 a.m.

Bocce
3:00 p.m.
(Weather permitting)

Aqua Blast
5:00 p.m. 

THURSDAY

Flow Motion
9:00 a.m. 

Core Focus
9:30 a.m.

Chair Dancing
10:00 a.m.

Aqua Arthritis
10:00 a.m. 


FallProof
10:45 a.m. 

Aqua Body Moves & Stretching
1:00 p.m. 

FRIDAY

Tone Up
9:00 a.m.

Build Me Up
10:00 a.m.

Flow Motion
10:00 a.m. 

Heart & Sole
10:30 a.m.

Delay the Disease
11:00 a.m.

Sunrise Chair Yoga
11:15 a.m.

Sunrise Chair Yoga
11:15 a.m.

ANNOUNCEMENTS

Tuesday, January 1.
 There will be NO group exercise classes. The Fitness Club will be open for your personal workouts.



Tuesday, January 8.
Tai Chi class begins at 6:30 p.m. in West Hall. Come and join Dr. Tom for a wonderful gentle form of exercise that consists of slow, graceful movements that will leave you feeling refreshed.



Delay the Disease begins Monday, 2/4

WELLNESS COACHING AVAILABLE

Call for an appointment today: 209-956-3470

JANUARY UPDATES

Brain Fitness Class will be taught Tuesday January 15 & 29th. The following months the class will be taught the second and fourth Tuesdays.

Exercise is optional



Every new year brings new hopes and expectations. If it has been awhile since you have exercised don't be discouraged. If you have decided it's time to start adding more movement in your daily activities, **we are here to help you get back on track!**

Mark your calendars for **Tuesday, January 8** for Your Resident Meeting. Join Nanci Shaddy our Director of Fitness/Wellness for a lively power point discussion entitled ***"Exercise is optional; Movement is MANDATORY!"***

Our bodies must move everyday to take care of us and those we love. If you are feeling burdened by the many aches, pains or just overall stiffness and movement doesn't come as easy as it use to, then this presentation is for YOU!

Everything in life changes, including our bodies. How we change as we age is completely up to us. The fitness team is here to assist you with improved movement and bring back the joy of movement.

ARE YOU AT RISK?



1 in 4 seniors fall every year

20% 1 out of 5 falls causes a serious injury



An older adult is treated in the emergency room for a fall every 11 seconds

2x Falling once doubles your chance of falling again

Let the Wellness Connection help reduce your fall risk by strengthening and toning your body.
Call us today for more information 209.956.3470

For more information on these and other programs offered through the Wellness Connection at O'Connor Woods, call 956-3470. Residents are required to have a signed medical release from their physician. Everyone using the pool must sign a voluntary release and indemnity agreement before entering the water for the first time.