

2024 WALK EVENT CALENDAR

TIME	MONDAY 9/30	TUESDAY 10/1	WEDNESDAY 10/2	THURSDAY 10/3	FRIDAY 10/4
10:00 AM & 2:00 PM CST	<p>Brain & Body Movement</p> <p>Brain & Body Movement is a seated class focused on a warm-up, a mixture of sequencing, music (this helps find that beat and pattern), light weights and revisiting with more movement/sequencing, followed by a cool-down. This three-part class has many dimensions of wellness. Physical is the primary focus, but cognitive, social and emotional aspects are also targeted in this class.</p>	<p>Seated Pilates Dance</p> <p>Seated Pilates Dance is a musically based cardio, flexibility and strength class. Participants will perform Pilates-inspired movements to the beat of music. This is a fun and unexpected way to challenge coordination. This workout is designed as a full-body, feel-good and fun exercise. Optional but highly encouraged is a small Pilates ball or beach ball for the residents to hold on to while doing their movements.</p>	<p>Rock Steady Boxing</p> <p>This exercise program is based on the foundations of Rock Steady Boxing for Parkinson's disease. The format includes a warm-up and stretching, followed by simple boxing combinations that increase in complexity with each round. Participants can choose to be seated or standing based on their preferences and needs.</p>	<p>Seated Tai Chi</p> <p>Seated Tai Chi is a mind-body exercise that combines meditation, movements and deep breathing. Practicing Tai Chi can improve balance, focus, range of motion, stretching, inner strength and relaxation.</p>	<p>Scarf Stretch & Strength</p> <p>Scarf Stretch & Strength is an all-in-one class. By utilizing a scarf or a similar object this class can help with help with carpal tunnel and arthritis pain. The goal is to help improve flexibility, strength and mobility. Scarf Stretch & Strength is a beginner-friendly class with modification options.</p>
LEADER	Crystal Dawson	Karina Furlic	Beth Engler (Prerecorded AM) Shawn Reich (PM)	Shelby Megyeri	Jacenta Scott
DAILY THEME	<p>Show Your Team Spirit Day (Sports Theme)</p> <p>*Wear your favorite sports-themed clothing/accessories.</p>	<p>Celebrating Music Day</p> <p>*Wear your favorite band t-shirt or share your favorite musician/band/song.</p>	<p>Wednesday's We Wear Pink</p> <p>*Wear your favorite pink items.</p>	<p>Tourist Day (Visiting the US National Parks)</p> <p>*Dress like a hiker! Wear your favorite flannel shirt, pair of boots, sun hat or any other item you might wear on a mountain hike in the wilderness.</p>	<p>Campout Adventure Day</p> <p>*Wear something you might sport at a BBQ - T shirts, jeans or maybe a fun hat! Also, be sure to bring your favorite campfire song requests to the social today!</p>