

Wellness Center News

El Beulah 7555 El Beulah Blvd., Indpls., IN 46256 317.577.4617 elbeulah.com May 2019

Check out the CLASS DESCRIPTIONS page for more detailed info on all our great classes!

“You don’t have to be great to start, but you have to start to be great.” - Zig Ziglar

SPECIAL EVENTS

>> Ready to start walking? Paradigm Health is sponsoring a 10-week walking program that starts with a Kickoff Party in the Classroom on *Friday, May 24th at 3:00 pm!* All members of the Wellness Center along with a guest are welcome to attend. More information about the walking program will be available in the Wellness Center. If you want to stay healthy and mobile well into older years, start walking today! *It’s never too late* to begin reaping the benefits of a regular walking routine and Paradigm Health is here to help you take a step in the right direction!

>>The “2019 – Your Time to Shine!” Celebration was on April 17th. Close to fifty of us gathered to enjoy prizes, a great drawing, Fishers Marco’s pizza and other food and gifts from Comcast. In keeping with this year’s theme, Comcast donated Ray-Ban Wayfarer style sunglasses with bottle openers at the ends! Everyone looked super cool! 2019 top attendees (of the 75 days we were open from 1/1- 4/1/2019):

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|----------------------|-------------------|
| 1. Don W.- 73 | 4. Beverly S.– 66 |
| 2. Herb G.- 71 tie | 5. Jerri J.—60 |
| 3. Carole L. -71 tie | 6. Bonnie W.– 57 |

ALL the participants received the greatest gift of all ... the gift of better health!!! You are ALL WINNERS!

CLASS INFO

>> Have you tried our newest class offering “Good Vibrations”?!?! It’s a wellness program of drumming and movement that enhances wellbeing. Lisa has been facilitating drum circles since 2010. The program is 30 minutes in length and experiential in nature. You don’t have to bring anything! A drum will be provided. It’s a great activity for folks of all ability levels. No music or rhythm training is needed. Everyone plays side by side. Best of all: it brings laughter and a sense of joy to the community! *This month, the class is on the SECOND Thursday, May 9th T 3:00pm in the Community Room. (NOT the third Thursday as usually scheduled.)*

>> The Wellness Center will be closed on May 27th in honor of Memorial Day.

NEWS YOU CAN USE

>> Centers for Disease Control and Prevention (CDC) reports as of the most recent posting, IN has improved to “Sporadic Activity” for the flu. The only better category is “NO Activity”! We have discontinued “Touchpoint” cleaning at this time. But... please continue to wipe down the gym equipment after each use and shower thoroughly before you enter the Pool area. Friendly Reminder: we leave out the items you need like Tissues, Hand Sanitizer and Toiletries for your use while visiting the Wellness Center, not to take home please. Thank you all for helping get us through a very long and difficult Winter!

>> Regular exercise is critically important for seniors says a recent article published in the Journal of the American Medical Association (JAMA) that reinforces what has long been suspected. Walking delivers comprehensive physical health benefits to seniors. An effective weight control measure, walking also helps increase balance, strength, and flexibility, which reduces the risk of trips and falls. Also, walking promotes overall wellness, including mental and emotional health. Regular exercise -- such as walking -- is a critical factor in maintaining independence throughout the aging process. Please join the Paradigm Walking Club at the Wellness Center on May 24 per above!

>> Personal Fitness Training is available by Mr. Johns, who will help you with the latest training techniques to reach your goals. For more info/pricing, contact him at 317-408-7271. And check out John’s Warrior Workout!

>> Happy member quotes- “I just don’t know what my life was like before this place!!!” - Member, Julie L. Julie, we are pleased and proud you are a very special part of our Wellness Center community. Many thanks!