

The
**Health
Connection**

A T S H E L L P O I N T

October 2011 - March 2012



Dear Shell Point resident,

I am certain that each and every person reading this letter cares about their health. Not only are you curious about The Health Connection, but you made the choice to live an active, vivid life at Shell Point!

The programs offered in The Health Connection are focused on giving you the tools to make healthy lifestyle choices, giving you a variety of exercise opportunities and the advantage of having conversations with health care professionals.

The Health Connection is broken down into the following segments: Wellness Specialty Classes, Shell Point as Your Resource, Your Medical Community, and the Group Fitness Schedule. As you flip through the packet of information you will have a variety of health related choices such as nutrition, fitness specialty classes, and medical lectures.

Enjoy The Health Connection all year long! The marketing of The Health Connection will be distributed twice a year and will be broken down for the months of October to March and April to September. In the back of the book is a registration form for those classes that require a pre-registration. The Island and Woodlands Service desks will begin accepting the registration forms on September 19th. Shortly thereafter you will receive confirmation for the classes you have registered to attend.

The Shell Point health care and medical staff, nutrient services team, and all of Resident Life are excited to “connect” with each one of you to make strides in reaching your physical health goals.

In good health,

Mary Franklin

Mary Franklin
Resort Services Manager



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Wellness Specialty Classes



Pilates Stretch

October 3-March 28

Monday and Wednesday

3:00 p.m. - 3:45p.m.

Health Club/IS

Cost: \$5.00 per class, per person

Sign up required

Minimum: 3, Maximum: 10

Pilates is a form of exercise which emphasizes the balanced development of the body through core strength, flexibility, and awareness in order to support efficient, graceful movement. This mat-based class focuses on the Six Pilates Principles: *Centering, Control, Flow, Breath, Precision and Concentration*. Participants will see improvement in flexibility, strength and balance while enhancing posture, coordination and mental focus. Pilates Stretch will help relieve stress and have you feeling great all over. Modification is key to Pilates exercise success with a variety of populations. All exercises are developed with modifications that can make a workout safe and challenging for a person at any level. This is a mat class and exercises are performed lying flat on the back as well as on the stomach. Instructor, Michelle Smith is a NESTA certified personal trainer and has over 10 years experience teaching Pilates classes.



Balance and Mobility Training Level 1

Session 1

October 3- January 4

Monday and Wednesday

Dates: Oct. 3, 5, 10, 12, 17, 19, 24, 26, 31

Nov. 2, 7, 9, 14, 16, 21, 23, 28, 30

December 12, 14, 19, 21, 28

January 4

1:45 p.m. - 2:30 p.m.

Health Club/IS

Cost: \$120 for 12 weeks/ 24 sessions

Sign up required

Minimum: 3, Maximum: 7

Session 2

February 1- April 25

Monday and Wednesday

Dates: February 1, 6, 8, 13, 15, 22, 27, 29

March 5, 7, 12, 14, 19, 21, 26, 28

April 2, 4, 9, 11, 16, 18, 23, 25

1:45 p.m. - 2:30 p.m.

Health Club/IS

Cost: \$120 for 12 weeks/24 sessions

Sign up required

Minimum: 3, Maximum: 7

As we grow older, flexibility, strength and balance decrease. Specific balance exercises designed to enhance these capabilities can be very effective. This course focuses on techniques to improve balance and prevent falls along with exercises to strengthen the legs, feet and ankles, and upper body for better posture. Balance and Mobility Level One is for those looking to begin a structured balance program and to gain strength, increased flexibility and confidence. This class is taught by NESTA certified personal trainer Michelle Smith. Michelle has an extensive background teaching the senior population and has over 10 years experience in personal training and group fitness.

Balance and Mobility Training Level 2



Session 1

October 4- January 10

Tuesday and Thursday

Dates: October 4, 6, 11, 13, 18, 25, 27

November 1, 3, 8, 15, 17, 22, 29

December 1, 13, 15, 20, 22, 27, 29

January 3, 5, 10

2:45 p.m. - 3:30 p.m.

Health Club/IS

Cost: \$120 for 12 weeks/24 sessions

Sign up required

Minimum: 3, Maximum: 7

Session 2

February 2- April 25

Tuesday and Thursday

Dates: February 2, 7, 9, 14, 16, 21, 23, 28

March 1, 6, 8, 13, 15, 20, 22, 27, 29

April 3, 5, 10, 12, 17, 19, 24

2:45 p.m. - 3:30 p.m.

Health Club/IS

Cost: \$120 for 12 weeks/24 sessions

Sign up required

Minimum: 3, Maximum: 7

Maintaining a high level of balance and mobility is essential to having a healthy and active lifestyle. Balance is a key factor in fall prevention. This course is designed for those looking for a challenging balance program which includes stretching and strengthening lower and upper body muscles, and improving posture and gait. Level 2 focuses on gaining strength, increasing flexibility and improving balance and coordination. If you are able to stand on one foot for 20 seconds, Level 2 is the right class for you. This class is taught by NESTA certified personal trainer Michelle Smith. Michelle has an extensive background teaching the senior population and has over 10 years experience in personal training and group fitness.

Nordic Walking - Mid Morning Movement



Monday, October 24, 2011

10:00 a.m.

Commons/WDL

Cost: \$5 per person

Sign up required

Minimum: 6 Maximum: 15

Join Nordic Walking expert, Lindy Smith for Mid-Morning Movement exercise designed for those who need to warm up those joints and start slowly. Full body exercise using the specially designed walking poles will be done while seated and then after a brief technique instruction, you will begin to walk using the Nordic walking poles for stability and posture. From walking upright comes better breathing, more secure gait and confidence.

Participants at any level of fitness are welcome to participate! Nordic Walking is perfect for those with replacements hips and knees. Please wear closed-toe shoes for better walking performance and safety on uneven group. Optional items for your comfort are water, sunblock and a hat.

Therapeutic Nordic Walking

Tuesday, December 13, 2011

4:00 p.m.

Commons/WDL

Cost: \$5 per person

Sign up required

Minimum: 6 Maximum: 15



Release the stress and worries of the day with the therapeutic exercise called Nordic Walking. Using specially designed walking poles that are adjusted to the correct length by instructor Lindy Smith, you will immediately recognize the postural effects of walking tall with intent, balance and stability. Lindy will lead a quick instruction session on technique and then you will move at your own pace practicing stress-busting breathing. Come find out why this special walking is catching on everywhere!

Participants at any level of fitness are welcome to participate! Nordic Walking is perfect for those with replacements hips and knees. Please wear closed-toe shoes for better walking performance and safety on uneven surfaces. Optional items for your comfort are water, sunblock and a hat.

Shell Point Walking Outing - Wa-Ke Hatchee Park

Tuesday, January 3, 2012

8:15 a.m. Island pickup

8:25 a.m. Woodlands pickup

8:35 a.m. Eagles Preserve pickup

Cost: \$5 (Transportation Fee)

Sign up required

Walking is one of the best forms of exercise because it contributes so many benefits to the human body without risking injury. After Jim Plummer (Parkwood) completed his Coffee with a Neighbor talk about his adventures of leading walking tours in 28 nations and 34 states he received requests to lead a walking group here at Shell Point.

Jim has teamed up with Bob Chamberlin (Royal Bonnet) who was also very involved in volksmarches. The two will use their past experience to lead a walking trip at Wak-Ke Hatchee park. Participants will walk designated paths independently - walk at your own pace and your choice of distance. If you choose, you could also walk along with a Shell Point guide to keep you on the correct path. At the end of the walk everyone will meet up for a “winding down” time, socializing and enjoying snacks and water.





Balance Basics at Assisted Living
January 3-February 23
Dates: January 3, 5, 10, 12, 17, 19, 24, 26, 31
February 2, 7, 9, 14, 16, 21, 23
Tuesday and Thursday
1:00 p.m. - 1:30 p.m.
Kings Crown Community Room/IS
Cost: \$80 for 8 weeks/16 sessions
Sign up required
Minimum: 3, Maximum: 7

Maintaining and improving balance as we age is critical in the effort to prevent falls. This 8 week, progressive class is designed to focus on posture, strength and balance. Exercises will include strengthening the legs, feet and ankles as well as balancing techniques. This class is geared toward the needs of those in assisted living; however, this class is appropriate for those who feel they are highly challenged in this area and need a slower-paced class. Balance Basics is taught by Fitness Supervisor Michelle Smith, certified personal trainer and group fitness instructor with specialty in senior fitness. Class will be taught standing and seated although participants enrolling must feel comfortable standing for 20-30 minutes. This class is not recommended for those with major hip limitations.



T'ai Chi Chih
January 10 - February 28
Tuesdays
Dates: January 10, 17, 24, 31
February 7, 14, 21, 28
4:30 p.m. - 5:30 p.m.
Health Club /IS
Cost: \$40.00 for 8 classes
Sign up required
Minimum: 8 Maximum: 20

T'ai Chi Chih is a gentle practice often referred to as joy through movement. Those who practice T'ai Chi Chih report improvements in balance, sleep patterns, muscle tone, blood pressure levels, patience, weight control, energy levels, and sense of joy.

The movements revolve around gentle weight shift; there are no strenuous movements or impacts on the joints. Movements can even be done while sitting once the basic principles are understood. Justin Stone originated T'ai Chi Chih after the more complex T'ai Chi Chuan to create a practice that is easier to do, simpler to learn, and yet still yields great benefits.

This class is designed for beginning and novice students. Bev Chandley, accredited T'ai Chi Chih instructor, will lead all sessions.

**Golf Fitness Workshop****February 3, 10, 17, 24****Fridays****1:15 p.m. - 2:00 p.m.****Health Club/IS****Cost: \$20 for 4 sessions****Sign up required****Minimum: 3 Maximum: 20**

This 4-week workshop is geared for the golfer who wants to improve core stability and balance, learn golf specific strength and flexibility exercises as well as body positioning and stabilization techniques. This is a great workshop for new golfers and seasoned golfers alike. Each 45-minute workshop will focus on a different aspect of golf fitness: stretching, pre and post warm up, injury prevention, and weight training exercises. Golf fitness is taught by Fitness Supervisor Michelle Smith, NESTA certified personal trainer.

**Nordic Walking 101****Wednesday, February 15, 2012****8:00 a.m.****Commons/WDL****Cost: \$5 per person****Sign up required****Minimum: 6 Maximum: 15**

The early bird gets the...exercise! Join Nordic Walking expert Lindy Smith for an invigorating morning walk using specially designed walking poles that promote posture, back health and confident stride. After a quick instruction session on technique, you will Nordic Walk on paved surfaces around Shell Point. This class is for everyone regardless of fitness level; everyone moves at their own speed but is still part of the group!

Participants at any level of fitness are welcome to participate! Nordic Walking is perfect for those with replacements hips and knees. Please wear closed -toe shoes for better walking performance and safety on uneven surfaces. Optional items for your comfort are water, sunblock and a hat.

Shell Point Walking Outing - Downtown Fort Myers



Saturday, February 25, 2012

8:15 a.m. Island pickup

8:25 a.m. Woodlands pickup

8:35 a.m. Eagles Preserve pickup

Cost: \$5 (Transportation Fee)

Sign up required

Walking is one of the best forms of exercise because it contributes so many benefits to the human body without risking injury. After Jim Plummer (Parkwood) completed his Coffee with a Neighbor talk about his adventures of leading walking tours in 28 nations and 34 states he received requests to lead a walking group here at Shell Point.

Jim has teamed up with Bob Chamberlin (Royal Bonnet) who was also very involved in volksmarches. The two will use their past experience to lead a walking trip through the historic streets of downtown Fort Myers. Participants will walk designated paths independently - walk at your own pace and your choice of distance. If you choose, you could also walk along with a Shell Point guide to keep you on the correct path. At the end of the walk everyone will meet up for a “winding down” time, socializing and enjoying snacks and water.

Shell Point Walking Outing - Miromar Outlet Mall



Friday, March 2, 2012

9:00 a.m. Island pickup

9:10 a.m. Woodlands pickup

9:20 a.m. Eagles Preserve pickup

Cost: \$5 (Transportation Fee)

Sign up required

Walking is one of the best forms of exercise because it contributes so many benefits to the human body without risking injury. After Jim Plummer (Parkwood) completed his Coffee with a Neighbor talk about his adventures of leading walking tours in 28 nations and 34 states he received requests to lead a walking group here at Shell Point.

Jim has teamed up with Bob Chamberlin (Royal Bonnet) who was also very involved in volksmarches. The two will use their past experience to lead a walking trip around the Miromar Outlet Mall. Participants will walk designated paths independently - walk at your own pace and your choice of distance. If you choose, you could also walk along with a Shell Point guide to keep you in the correct path. At the end of the walk everyone will meet up for a “winding down”, time socializing and enjoying snacks and water.

T'ai Chi Chih Practice Sessions



March 13 - April 3

Tuesdays

Dates: March 13, 20, and 27

April 3

4:30 p.m. - 5:30 p.m.

Health Club/IS

Cost: \$20 for 4 practices

Sign up required

Minimum: 8 Maximum: 20

Designed for those residents who have already completed an 8 week beginner T'ai Chi Chih class either at Shell Point or elsewhere and who are familiar with each of the 19 movements and one pose. These practice sessions will be for repetition and refinement of individuals TCC practice form and for group practice. Level of instruction will be determined by the needs of participants by accredited T'ai Chi Chih Instructor, Bev Chandley.

Shell Point as Your Resource

Medicare D- Changes and New Information



Wednesday, October 12, 2011

10:00 a.m.

Grand Cypress Room/WDL

Sign up required

You cannot watch the news and not hear about the new Medicare D changes that are soon approaching. Joy Darnell, Director of Pharmacy Services, will address all of the upcoming changes to the Medicare D programs. Today's talk includes changes, costs, the donut hole elimination, and how these changes specifically effects residents of Shell Point.

Do You Have the Facts About Shell Point Home Care?



Wednesday, October 19, 2011

10:15 a.m.

Social Center/ISL

Sign up required

Joanne Meyers, RNBSN/Home Care Manger and Sandy Aurs, RN/Home Care Case Manger invite you to attend a mock information visit with a resident and an RN from Home Care to understand how you can have more time to do the things you love or to be well informed about resources available for a friend or neighbor.

What Should I Eat on "My Plate"?



Wednesday, November 9, 2011

10:15 a.m.

Social Center/IS

Cost: \$5 per person

Sign up required

Minimum 25 people

Mary McCormack, RD, Pavilion Consultant Dietitian and Linda Rakos, RD, Assistant Director of Hospitality Services will walk you through the following must know dietary tips.

- Learn about the history of USDA Food Guides and review of 2010 Dietary Guidelines.
- What are the food groups that make up the new "My Plate"?
- Hear simple tips on how to select food that make "your plate" measure up to a healthy lifestyle.
- See "My Plate" examples.

Swing Your Way Back to Golf



Thursday, December 1, 2011

1:00 p.m. - 1:30 p.m.

Driving Range/Golf Course

Sign up required

Minimum: 5 Maximum: 25

Are you itching to hear the ping of the golf club, feel the weight of a driver in your hand, or watch a perfectly arcing drive down the green. This is your chance to get back to or start up the game of golf. The first step is hitting the driving range!

Michelle Smith, NESTA certified fitness instructor will lead you in a golf specific, active stretching routine to loosen up those muscles. Once you are ready to go, Michael Raber, PGA professional will lead you in a warm-up routine that you can use every time before hitting the course. Michelle will end the class with static stretches that should conclude your golf game; these stretches will lengthen out those tired, achy muscles, leaving you less stiff and relieve post golf soreness. No need to have clubs you can borrow club from the Golf Pro Shop.

Annual Health and Wellness Expo

Friday, January 6, 2012

10:30 a.m. - 1:30 p.m.

Church Auditorium/IS

2012 is well on its way so mark your calendar to attend the annual Health and Wellness Expo. Visit the experts in 30 different aspects of Shell Point wellness programs. Learn about the new programs and services Shell Point has to offer. Educate yourself with mini health screenings, specialty health vendors and door prizes. Those who attend the expo will certainly walk away with positive advice and information that will motivate them to a healthier lifestyle.

Tune Up with Massage



Monday, January 9, 2012

10:15 p.m.

Osprey Room/IS

Sign up required

Minimum: 6 Maximum: 14

Massage tunes up the body just as a tune up benefits your car. Bring your friend or spouse to the fun instructions given by Robyn Church, Salon Manager, and Marianne Dabinett, Massage Therapist. You will walk away knowing the basic massage strokes and reflexology for hands and feet. Yes, you will be practicing and learning on each other.

Skin That Glows at Any Age



Tuesday, January 31, 2012

1:15 p.m.

Social Center/ISL

Sign up required

Minimum: 6 Maximum: 14

Robyn Church, Salon Manager, and Kendal Colosimo, Esthetician, will walk you through the steps of great skin care. Leave refreshed as the two professionals will be cleansing and toning your skin along with a firming facial mask. Learn interesting tips along the way. This is a hands on class so space is limited.

Insomnia



Wednesday, February 8, 2012

2:15 p.m.

Social Center/ISL

Sign up required

Yaw Adu-Sarkodie, Pharm D, will start the discussion with sleep physiology and the stages of sleep. Next he will touch on sleep disorders and focus on insomnia and treatment. The session will round out with a question and answer time.

Nutrition Facts and Fallacies



Wednesday, March 14, 2012

10:15 a.m.

Social Center/IS

Cost: \$5 per person

Sign up required

Minimum: 25 people

Food and nutrition misinformation can be harmful to your health, well-being and checkbook. Mary McCormack, RD, Pavilion Consultant Dietitian, and Linda Rakos, RD, Assistant Director of Hospitality Services, will teach you about the red flags for misinformation. If it sounds too good to be true, it probably isn't true. You will learn where to go for reliable and scientifically proven information.

Test Your Home Care IQ



Thursday, March 15, 2012

10:15 a.m.

Social Center/IS

Sign up required

Do you have all the facts about Home Care? Bring your questions and Joanne Meyers RNBSN/Home Care Manager, will answer them all. You will walk out with the answers and the ability to make informed decisions about care at home.

One-on-One Personal Training

Shell Point offers many health related services. If you are interested in a one-on-one fitness program, Michelle Smith, NESTA certified personal training, will focus on your specific individual needs. Call 454-2152 or email michellesmith@shellpoint.org to make your appointment that will provide you guidance to achieve your individual fitness goals.

A 30 minute training session is \$30 and a package of 10 is \$270. A 60 minute training session is \$50 and a package of 10 is \$450.

Your Medical Community

Modern Cataract Surgery



Friday, October 14

1:15 p.m.

Social Center/ISL

Sign up required

Dr. Trevor Elmquist, Ophthalmologist will discuss a look into today's Refractive Cataract surgery. Dr. Elmquist, is a Shell Point specialty doctor and has practiced ophthalmology for more than 20 years and specializes in medical and surgical eye care.

Foot Trauma



Thursday, October 20

1:00 p.m.

Oak Room/WDL

Sign up required

Have you had a recent foot injury? Dr. David Gavin, DPM, Shell Point Specialty Podiatrist, will give a detailed description of common foot injuries and foot trauma. The presentation will also include time for questions and answers.

Diabetic Foot Management



Thursday, October 27

1:15 p.m.

Manatee Room/WDL

Dr. David Gavin will be giving an excellent lecture for those who live with diabetes, for those who care for a diabetic, and for patients with neuropathy. Dr. Gavin, DPM, is a Shell Point Specialty Podiatrist.

Love Your Heart, American Heart Association



Tuesday, February 14, 2012

2:15 p.m.

Social Center/ISL

Sign up required

Leslie Amick, Senior Heart Walk Director for the American Heart Association will visit Shell Point to share the important signs and symptoms of Heart Disease and Stroke. Unfortunately, Heart Disease is the number one killer of men and woman. Everyone can be informed advocates for Heart Health.

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
7:15 – 7:45 Early Bird Morning Blend	8:00 - 8:45 Sit and Be Fit	7:15 – 7:45 Early Bird Morning Blend	8:00 - 8:45 Sit and Be Fit	7:15 – 7:45 Early Bird Morning Blend
8:00 - 8:45 Total Body Strength	8:15 - 8:45 Morning Blend	8:00 - 8:45 Total Body Strength	8:15 - 8:45 Morning Blend	8:00 - 8:45 Total Body Strength
8:15 - 9:00 Low 'n' Sculpt	9:15 - 9:45 Aqua Motions	8:15 - 9:00 Low 'n' Sculpt	9:15 - 9:45 Aqua Motions	8:15 - 9:00 Low 'n' Sculpt
9:15 - 9:45 Aqua Motions	10:00 - 10:45 Aqua FUN -Atics!	9:15 - 9:45 Aqua Motions	10:00 - 10:45 Aqua FUN -Atics!	9:15 - 9:45 Aqua Motions
9:15 – 9:45 The 10/20 Workout	10:30 - 11:00 The Core Challenge	9:15 – 9:45 The 10/20 Workout	10:30 - 11:00 The Core Challenge	9:15 – 9:45 The 10/20 Workout
10:15 - 10:45 Creative Cardio	1:45 - 2:30 Seated Strengthening	10:15 - 10:45 Creative Cardio	1:45 - 2:30 Seated Strengthening	10:15 - 10:45 Creative Cardio
10:30 – 11:15 Aquatic Arthritis Movements		10:30 – 11:15 Aquatic Arthritis Movements		10:30 – 11:15 Aquatic Arthritis Movements
1:00 – 1:45 Into the Deep		1:00 - 1:45 Into the Deep		1:00 - 1:45 Into The Deep

All classes are complimentary.

Please check with your doctor before beginning a new exercise program.

Classes, times, and instructors are subject to change – Changes will be posted in the Weekly Reminder or on Shell Point TV.

- ❖ During unsupervised hours, please remember to use the buddy system.
- ❖ Please leave the pool area when thunder and/or lightning are present.
- ❖ Proper shoes and proper attire are necessary for your safety.
- ❖ Please call 466-1111, ext. 2537 for an appointment before using equipment for the first time.
- ❖ Please call 454-2152 or email michellesmith@shellpoint.org for more information regarding personal training.

Group Fitness Class Descriptions

EARLY BIRD MORNING BLEND - (Health Club/ISL) - Melanie Brod, Instructor

Monday – Wednesday – Friday 7:15 a.m. – 7:45 a.m.

This class is a perfect blend of the four major components to a well rounded exercise routine, including cardiovascular endurance, weight training, balance, and flexibility. Thirty minutes is all you need to become a better you.

TOTAL BODY STRENGTH– (Oak Room/WDLS) - Michelle Smith, Instructor

Monday – Wednesday – Friday - 8:00 a.m. – 8:45 a.m.

Hand weights and weighted fitness balls are used to strengthen and tone your muscles. Seated and standing exercises will improve posture, balance and overall coordination. This class will work all the major muscle groups, leaving you feeling strong and full of energy!

LOW “N” SCULPT (Health Club/ISL) - Cheryl Cooper, Instructor

Monday –Wednesday – Friday - 8:15 a.m. – 9:00 a.m.

This class combines two basic forms of getting in shape, low impact aerobics, and a whole body toning. Get in shape while utilizing weights, gliding discs, and other weighted objects. Hope to see you in this great class.

SIT AND BE FIT (Oak Room/WDLS) - Cheryl Cooper, Instructor

Tuesday & Thursday - 8:00 a.m. – 8:45 a.m.

A total body workout combining stretching and building movements while sitting down. We'll work you from head to toe to improve your circulation, coordination, balance, and toning of various muscles. All residents can benefit from this total body class.

MORNING BLEND (Health Club/Island) - Melanie Brod, Instructor

Tuesday & Thursday - 8:15 a.m. – 8:45 a.m.

This class is a perfect blend of the four major components to a well rounded exercise routine, including cardiovascular endurance, weight training, balance, and flexibility. Thirty minutes is all you need to become a better you.

AQUA MOTIONS (Health Club Pool/Island) - Melanie Brod, Instructor

Monday through Friday - 9:15 a.m. - 9:45 a.m.

This pool class uses a circular motion for resistance while adding buoyancy apparatuses to create more strength and balance.

THE 10/20 WORKOUT (Health Club/Island) – Cheryl Cooper, Instructor

Monday – Wednesday – Friday – 9:15 a.m. – 9:45 a.m.

The first 10 minutes of this workout are low impact movements. The second part of this class is 20 minutes of strength and toning along with stretching. Come enjoy this exciting 30 minutes of your life!

Aqua FUN-Atics! (Eagles Preserve Pool) – Cheryl Cooper, Instructor

Tuesday & Thursday – 10:00 a.m. – 10:45 a.m.

Expect to raise your heart rate and have fun at the same time! This water fitness class combines the benefits of aerobic conditioning and resistance training by using noodles and other fun water tools. Enjoy the class camaraderie as you work muscles in easy to follow patterns. You'll never know what fun you'll have!

CREATIVE CARDIO (Health Club/Island) – Melanie Brod, Instructor

Monday – Wednesday – Friday – 10:15 a.m. – 10:45 a.m.

Join this innovative class that will keep you on your toes and get your heart pumping. Melanie will use a variety of tools and body positions to give you a fun full body workout.

THE CORE CHALLENGE (Oak Room/Woodlands) – Melanie Brod, Instructor

Tuesday & Thursday – 10:30 a.m. – 11:00 a.m.

The abdominals, obliques and back make up your core. Challenge yourself while improving your posture and strengthening your core using large stability balls, gliding discs, and Pilates type movements.

AQUATIC ARTHRITIS MOVEMENTS (Pool/WDLS) – Cheryl Cooper, Instructor

Monday – Wednesday – Friday – 10:30 a.m. – 11:15 a.m.

This shallow water workout will focus on improving joint mobility, flexibility and balance while improving overall fitness. The slow, flowing movements will help with circulation and will get you moving. Class format follows the guidelines from the Arthritis Foundation. Water shoes a must.

INTO THE DEEP – (Pool/WDLS) - Cheryl Cooper, Instructor

Monday – Wednesday – Friday – 1:00 p.m. – 1:45 p.m.

Come try our deep-water exercise class using various buoyancy apparatus. This class is great for those who have trouble with the jolting of land based aerobics. Improve strength and endurance, increase body tone and lose weight.


SEATED STRENGTHENING – (Health Club/Island) – Cheryl Cooper, Instructor

Tuesday & Thursday – 1:45 p.m. – 2:30 p.m.

This class uses weighted balls and hand weights while you are sitting so you can concentrate on strengthening your muscles.

Registration Procedure

All are welcome at any class, though registration is required for those classes which charge a fee or have limited class size.

When you see this registration icon () please use the following Registration Form. Please use one registration form per person. Return the completed Registration Form to either Service Desk beginning Monday, September 19, 2011. Your resident account will be charged for fees listed for the classes you register for. Your course confirmation or your waitlist confirmation will arrive in Shell Point mail.

If you need to cancel a class you registered for, please call either Service Desk at least 24 hours prior to the class. If your spot is filled from a waitlist, your account will be credited. If you have signed up for a series, please call before the series begins so we can try to fill your spot giving someone on the waitlist the benefit of the entire series. For questions about registration, please contact Mary Franklin, at 454-2152.

You can also plan ahead with *The Health Connection* article each month in *Shell Point Life* that features each class coming up in the month. The Weekly Reminder will show each class offered during the coming week. Please watch SPTV each day to confirm the classes you plan to attend. Many factors may necessitate a change of date, time or place after the brochure is mailed to you. We will let you know any last minute changes with slides segments on *Shell Point Today*, SPTV.

Please complete an evaluation form for classes you attend. It is pre-addressed so just fold it in half and return it in Shell Point mail. Your evaluations are helpful as we grow *The Health Connections*.



The Health Connection Registration Form

October 2011 - March 2012

(Please use a separate form for each person registering.)

Name: _____ Address: _____ Phone: _____

Name of Program

Cost

Your Choices

Wellness Specialty Classes

Pilates Stretch	\$5.00 Each	_____
Balance and Mobility Level 1 Session 1	\$120.00	_____
Balance and Mobility Level 1 Session 2	\$120.00	_____
Balance and Mobility Level 2 Session 1	\$120.00	_____
Balance and Mobility Level 2 Session 2	\$120.00	_____
Nordic Walking -Mid Morning Movement	\$5.00	_____
Therapeutic Nordic Walking	\$5.00	_____
Shell Point Walking Outing - Wa-Ke Hatchee Park	\$5.00	_____
Balance Basics at Assisted Living	\$80.00	_____
T’Ai Chi Chih	\$40.00	_____
Golf Fitness Workshop	\$20.00	_____
Nordic Walking 101	\$5.00	_____

Shell Point Walking Outing - Downtown Fort Myers	\$5.00	_____
Shell Point Walking Outing - Miromar Outlet Mall	\$5.00	_____
T’Ai Chi Chih Practice Sessions	\$20.00	_____

Shell Point as Your Resource

Medicare D-Changes and New Information	Sign up only	_____
Do You Have the Facts About Shell Point Home Care?	Sign up only	_____
What Should I Eat on “My Plate”	\$5.00	_____
Swing Your Way Back to Golf	Sign up only	_____
Tune Up with Massage	Sign up only	_____
Skin That Glows at Any Age	Sign up only	_____
Insomnia	Sign up only	_____
Nutrition Facts and Fallacies	\$5.00	_____
Test Your Home Care IQ	Sign up only	_____

Your Medical Community

Modern Cataract Surgery	Sign up only	_____
Foot Trauma	Sign up only	_____
Diabetic Foot Management	Sign up only	_____
Love Your Heart, American Heart Association	Sign up only	_____