



# MARCH 2024

## WELLNESS CONNECTION

Office Hours: M-F 8 a.m. - 4 p.m.

Fitness Club/Pool Hours: 6 a.m. - 7 p.m.



3400 Wagner Heights Road • Stockton, CA 95209

Phone: (209) 956-3470

### MONDAY

**POOL: 6 a.m. – 7p.m.**

**TONE UP**  
9:00 - 9:45 a.m.

**AQUA STRONG**   
10:00 - 10:45 a.m.


**STRONGER**  
10:00 - 10:45 a.m.

**Yoga**  
11:00 - 11:30 a.m.

### TUESDAY

**POOL: 6 a.m. – 7p.m.**

**CHAIR DANCING**  
(Seated/Standing to Music)  
10:00-10:30 a.m.

**Water Walking**   
10:00 - 10:30 a.m.

**BASE CAMP**   
10:45 - 11:30 a.m.

**BUILD WITH BANDS**  
1:30 - 2:15 p.m.

**Brain Fitness**  
3:15-4:00 p.m.  
**Tuesday 3/19 ONLY**

**Tai Chi**  
6:30-8:00 p.m. in West Hall

### WEDNESDAY

**POOL: 6 a.m. – 7p.m.**

**TONE UP**  
9:00 - 9:45 a.m.

**AQUA STRONG**   
10:00 - 10:45 a.m.


**STRONGER**  
10:00 - 10:45 a.m.

**Yoga**  
11:00 - 11:30 a.m.

### THURSDAY

**POOL: 6 a.m. – 7p.m.**

**MOVIN' IN MARCH**  
(Standing Dance to Music)  
10:00 -10:30 a.m.

**Water Walking**   
10:00 - 10:30 a.m.

**BASE CAMP**   
10:45 - 11:30 a.m.


**BUILD WITH BANDS**  
1:30 - 2:15 p.m.


### FRIDAY

**POOL: 6 a.m.-7 p.m.**

**TONE UP**  
9:00 - 9:45 a.m.

**STRONGER**  
10:00-10:45 a.m.

**RELAXING into PRESENCE**   
(Meditation Group)  
11:00 AM in NCH

Every Accomplishment Starts  
With The Decision To Try! 

#### Cancellations for March

\*Thursday 3/7 No 10 AM Movin' In March

\* **Week of 3/11 - 3/18 Fitness Club Flooring Project**

ALL Fitness Club classes are cancelled except for  
Monday/Wednesday/Friday 9 AM Tone Up and 10 AM Stronger classes  
which will be held in WEST HALL.

**All aquatic classes WILL CONTINUE** as well as individual use of the pool.

## **Aging Well Is More Than Good Luck and Good Genes (Part 1)**

In 1850, the average American life span was just 35 years. Very few people lived to be an older adult. But over the centuries, that number has more than doubled. Today, the average American lifespan is 83 years. Still not just the length of one's life that is important—it's the QUALITY of life, too. Aging well means being vital and independent as long as possible. Staying physically, emotionally and mentally active are all important aspects of aging well.

By being proactive and making healthy lifestyle choices, we can all boost our chances for living well. Here are some things you can do every day to help add days to your life.

### **(1) Smaller meals pack BIG benefits**

Most of us grew up eating three meals a day. As we age, the standard breakfast, lunch and dinner may not be the way to go. Research shows its even better to eat smaller amounts of food more frequently as we grow older.

Smaller meals help maintain consistent insulin levels—important for individuals with diabetes. They also help stabilize fatty acids in the blood, and reduce indigestion that can disrupt sleep. Large meals can cause pain due to chest congestion or breathing problems, small meals reduce the strain.

### **“BUILD WITH BANDS” Tuesdays/Thursdays 1:30-2:15**

Different types of resistance bands are used for 45 minutes of upper body, lower body, and core “challenges.” This class is geared towards building a stronger body for INDEPENDENT living!

## **30 Things That Happen When Walking Every Day Part #5**

*We've heard it all before: walking is good for you. And it is. However, what few people know is just how MANY benefits there are. If you think walking is a waste of time, think again. Here are some more benefits walking has for your body.*

### **13. Walking stimulates your brain & makes you more creative.**

A lot of situations in life require you to come up with creative solutions. Stimulating your creativity does not come easily to everyone. However, if you need to get your creative juices going, doing something physical can take your mind off the issue at hand. Getting outdoors and communing with nature while taking a walk can give you many creative ideas. On a physical level, walking stimulates your creativity because it allows for an increased flow of oxygen to the brain.

### **14. Walking can boost your immune system's ability to fight off infection.**

A person who makes a habit of walking is less likely to catch a cold than someone who doesn't. The physical activity may flush out bacteria out of the airways before they can take hold. Exercise can cause differences in antibodies and white blood cells. During a walk, the blood flow becomes more rapid. The antibodies and white blood cells are traveling around the body more quickly.

