



June 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

TUESDAY


WEDNESDAY

THURSDAY

FRIDAY

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.

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 6/11 & 6/18

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

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.

POOL: 6 a.m. – 7p.m.

FEEL THE BEAT IN YOUR FEET!

(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.

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 –OUTDOORS
@ Tribute Garden

Cancellations for June:

- ◆ **Wed. 6/5/24– All Classes Cancelled for Kick-off Breakfast**
- ◆ **Mon. 6/10/24- All Classes Cancelled for Walk/ Scavenger**

The Battle Begins!

RULES/GUIDELINES for BATTLE OF THE BUILDING POINTS:

(1) Point for participation (1) point for wearing your team color.

Attending the Campus-wide Qualifying Events - (*See the ORANGE STARS on June Life Enrichment Calendar).

Each participant will get **one** point for participation, and **one** point for wearing your team color. A sign-in sheet for your Team will be available at each event.

Fitness Club Group Exercise Class-Use the sign-in sheet in the Fitness Club office to record **ONE** time per day your participation.

Fitness Club use of Equipment for individual workouts use the sign-in sheet in the Fitness Club office to record **ONE** time per day your participation.

Bocce, Putting Green, Bicycle riding, Outdoor Walking, and Billiards - use the sign-in sheet in the Fitness Club office to record **ONE** time per day your participation in one or all of the above.

Channel 1981 Exercise Videos- Use the sign- in sheet in your building to record **ONE** time per day your participation in Channel 1981 exercise.

Mid-June (June 16th) a Staff panel of “secret judges” to award additional points for 1st/2nd/3rd place for the most spirit in your building/cottages, and levels of care. **25 for 1st, 20 for 2nd, & 15 for 3rd.**

Team Point System – total number of points divided by the total number of residents on your teams.

Campus-wide Qualifying Events

1. *KICK-OFF CONTINENTAL BREAKFAST* – Wednesday, June 5
2. *PUTTING/BOCCE* - Friday, June 7
3. *BOTB CAMPUS WIDE WALK/SCAVENGER HUNT* - Monday, June 10
4. *BIRD WALK with David Yee*– Wednesday, June 12
5. *BOTB TRIVIA* – Monday, June 17
6. *ICE CREAM SOCIAL* – Tuesday, June 18
7. *BOTB Closing Ceremony* – Friday, June 21