

# TSC Health, Wellness & Fitness Classes

## April 2021

### WELLNESS ANNOUNCEMENTS

#### Senior & Students Buddy Program (with FSU College of Nursing)

FSU College of Nursing, in partnership with UPSLIDE, has a Senior “Buddy” program. We are currently recruiting adults age 50+ to be part of a program that connects older adults with nursing students for companionship and intergenerational experience. Conversations can take place via telephone or video chat, and frequency is flexible. Students are all earnest, back-ground checked, and supervised by their instructors. If you are interested in more information, or signing up to participate, please call Judy Shipman at 850-556-5697 or email

[Judy.Shipman@talgov.com](mailto:Judy.Shipman@talgov.com)

#### The Diabetes Empowerment Education Program™ (DEEP™)

DEEP is an evidence-based self-management program for people or families living with prediabetes/diabetes. The goal is to teach people how to reduce the risk of complications, such as kidney failure, amputation, vision loss, heart failure, and stroke. Offered by Big Bend AHEC, the no-cost interactive 6-week classes are held online using Zoom. For more info/registration, call 850-692-2845 or email [ycandelaria@bigbendahec.org](mailto:ycandelaria@bigbendahec.org) or [mdarcangelis@bigbendahec.org](mailto:mdarcangelis@bigbendahec.org) Also visit BBAHEC website <https://www.bigbendahec.org/programs>

#### Group Treatment for Hoarding Issues (with FSU Psychology Clinic)

The FSU Psychology Clinic is currently offering group treatment to teach skills for managing excessive clutter and improving ability to remove items from your home. Treatment for hoarding is based in cognitive behavioral therapy, which is an evidence-based treatment that focuses on thoughts, feelings, and behaviors. This treatment was developed for individuals who have excessive clutter and experience significant distress or life impairment as a result. Group members will learn strategies for organization, sorting, and reducing clutter. 90-minute sessions begin in May and are held weekly via telehealth. \$8 per session. To register or for more information, call (850) 644-3006.

[Friday, April 2 @ 9:00 – 10:00 am on Zoom](#) (1<sup>st</sup> Friday of the month)

#### “Virtual Office Hour with Ruth”

We miss being able to welcome participants into our offices! Here is an opportunity to “stop by the office” of Ruth Nickens, TSC’s Registered Nurse Health & Wellness Program Coordinator. Bring your health/wellness questions, concerns and suggestions during this hour of personal interaction.

Register <https://www.tallahasseeeniorfoundation.org/?p=6011> or email [ruth.nickens@talgov.com](mailto:ruth.nickens@talgov.com) to receive your Zoom link or [CLICK HERE TO DROP IN!](#)

### WELLNESS EDUCATION

[Monday, April 5 @ 10:00 am on Facebook](#) (First Monday of every month)

#### “Monday Mindfulness with Nicolette”

This informative video explores what mindfulness means, the benefits it provides, and ways to incorporate practice into daily life. By Nicolette Castagna, MA, MPH, RMHCI, TSC UPSLIDE Counselor

[Thursday, April 8 @ 10:00 am on Facebook](#) (2<sup>nd</sup> Thursday of every month)

#### “Smile Meditation with Leslie Hanks”

This is a sweet, simple approach to meditation focuses on the breath and relaxation. It takes you through a 14-minute guided meditation that will enable you mind and body to work together to find balance, symmetry, breath, and quiet within. Can be done in a chair or on the floor. Offered by Leslie Hanks, Yoga Unlimited

[Wednesday, April 14 @ 10:00 am on Facebook](#)

#### “Staying Safe in Your Home: Environmental Safety”

This video presentation was created to offer relevant and updated information on how to continue to live safely in your home. Falls prevention, scam awareness, and environmental safety are a few of the topics that will be addressed. Presented by Sarah Vernon, BSW intern

### Wednesdays, April 7 – 21 @ 11:00 am – Noon on Zoom

#### **“2021 Nutrition Goals: Making Every Bite Count!” – 3-part series**

Please attend this 3-part series to help you learn skills for choosing and preparing healthy foods this year. This series is based on the recently updated *Dietary Guidelines for Americans* and will include a special focus on the nutrition needs of older adults, recipe demonstrations, and an interactive Q & A with local nutrition professionals. Presented by Tallahassee Memorial Metabolic Health Center and UF/IFAS Extension Family Nutrition Program. Please register for the series at <https://www.tallahassee-seniorfoundation.org/?p=7079> or call 850-891-4042 or email [ruth.nickens@talgov.com](mailto:ruth.nickens@talgov.com).

**April 7 - The NEW Dietary Guidelines for Americans: What you need to know**

**April 14 – Just the “Facts”: Food labels and Healthy Drink Choices and Ideas**

**April 21 - Focus on Fruits and Vegetables: From Farm to Table**

### Wednesday, April 28 @ 10:00 am on Zoom

#### **“Understanding Community Resources”**

A recent AARP survey revealed that seniors want more information about community resources yet connecting seniors to resources is one of the most important things that The Tallahassee Senior Center does! But what, exactly, does “resources” mean? In this interactive webinar, you will learn about what resources are, what resources are available, how to easily access and share resources, and how tapping into resources can improve your life! Presented by the TSC resource team.

## **FITNESS**

*Staying active is one of the most important things we can do to stay healthy and age successfully, and we realize you are missing your weekly in-person classes. Virtual fitness classes can be viewed 3 ways!*

1) WCOT TV - [Talgov.com/WCOT](http://Talgov.com/WCOT) Mon, Wed, Fri and Sat @ 9 am (Channel 13 on cable )

2) On-Demand - [Tallahassee Senior Foundation website](http://Tallahassee Senior Foundation website) (click this link)

3) On Facebook - [Facebook page 11 am](https://www.facebook.com/talgov) (click any time of day)

### Mondays @ 11:00 am on Facebook

#### **Brain-Body-Balance w/ Merisha Johnson Phillips, AFAA-CPT**

A fun active aging fall prevention program that fuses physical movement w/ brain-enhancing drills to improve balance, memory, brain health, reflexes, and life. Have a chair/water bottle on hand. [On demand, click here.](#)

### Tuesdays @ 11:00 am on Facebook

#### **Mindful Movement w/ Lori Roberts, certified NIA yoga instructor**

This dynamic yet gentle, yoga-based class uses music and motion to enhance muscle strength, maintain flexibility, and reduce falls. This class is super-energizing and fun. You will need a chair/water. [On demand, click here.](#)

### Wednesdays @ 11:00 am on Facebook

#### **Gentle Yoga with Ferdouse Sultana, E-RYT® 500**

Class includes standing/mat poses with chair option. Benefits are improved balance, movement, flexibility, strength, and breathing for stress reduction. Wear comfy clothes, have yoga mat handy. [On demand, click here.](#)

### Thursdays @ 11:00 am on Facebook

#### **Stretch & Flex with Robin Perry Davis, ACSM**

This class will help you stay strong and flexible through gentle yoga-like movement. Some classes will be in chair, others use a mat, but viewers can easily move between. [On demand, click here.](#)

### Fridays @ 11:00 am on Facebook

#### **Gentle Seated Yoga with Bridget Welch, LMT**

This entry level class reduces stress/pain, improves circulation, promotes healthy joints, boosts immunity, enhances lung function, and strengthens pelvic floor muscles. You will need chair/water. [On demand, click here.](#)