

TSC Health, Wellness & Fitness Classes

June 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

WELLNESS EDUCATION

Monday, June 7 @ 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, June 10 @ 10:00 am on Facebook (2nd 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

Wednesdays, May 19 – June 23, 1:00 – 3:00 pm on Zoom

"DEEP™: The Diabetes Empowerment Education Program"

If you have missed getting your blood sugars checked at the Senior Center, or you are learning to live with Diabetes, DEEP is for you! DEEP is a 6-week evidence-based self-management program for people or families living with prediabetes or diabetes. The goal is to teach you 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 classes are held online using Zoom. For more info or to register, call 850-692-2845 or email

ycandelaria@bigbendahec.org or mdarcangelis@bigbendahec.org

Thursday, June 10 @ 1:30 am on Zoom

"Loosen Up with Laughter Yoga"

Laughter Yoga is a mind-body combination of clapping, laughter exercises, deep breathing, meditation, and relaxation techniques to enhance health and happiness. The benefits of this light cardio workout are many – laughter yoga increases blood circulation, kicks depression, reduces blood pressure, alleviates stress, releases endorphins, increases oxygen flow, and, builds community. Plus, it's a lot of fun! No experience with yoga (or even laughing) necessary! Friends and family of all ages are invited, too! Presented by Amy Angelilli, Chief Adventure Officer, The Adventure Project. Register at <https://www.tallahassee senior foundation.org/?p=7743>

Wednesday, June 23 @ 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

Thursday June 24 at 11:00 - noon on Zoom

"Keys to Achieve Safe Mobility for Life"

Transportation is paramount to maintaining a healthy active lifestyle. Join this webinar to learn how to develop a personal transportation plan and how to be proactive while driving, walking, biking, motorcycling, and golf carting. Workshop presented by FDOT. To register email Wendy.barber@talgov.com

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 Mon, Wed, Fri and Sat @ 9 am (Channel 13 on cable)

2) On-Demand - [Tallahassee Senior Foundation website](#) (click this link)

3) On Facebook - [Facebook page 8 am NEW TIME!](#) (click any time of day)

[Mondays @ 8:00 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 @ 8:00 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 @ 8:00 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 @ 8:00 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 @ 8:00 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.](#)