

# TSC Health, Wellness & Fitness Classes

## May 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)

#### 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, May 7 @ 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.tallahasseeseniorfoundation.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, May 3 @ 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

[Wednesday, May 12, 9:30 am on Zoom](#)

#### “Hearing Challenges During Challenging Times”

May is National Hearing Awareness month and, thus, Audiology Associates presents their first virtual Hearing Expo. This interactive webinar will address some hearing issues that have been exacerbated during the pandemic – such as mask wearing, plexiglass barriers, poor sound quality of socially connecting technologies, and increased stress. The stress of “missing out” leads to frustration, sleep disruption, physical ailments, memory loss, isolation, and depression. Please join this event to learn more about today’s challenges, treatment options, tools and apps, and resources that can improve hearing aid satisfaction and the quality of your life. In addition to the presentation, there will also be Q & A and opportunities to win gifts and prizes. Even if your hearing is fine, you may have a friend or loved one for whom this even may be relevant.

Register at <https://www.tallahasseeseniorfoundation.org/?p=7347> or email [ruth.nickens@talgov.com](mailto:ruth.nickens@talgov.com) for more info.

[Thursday, May 14 @ 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

### 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. To register, <https://bigbendahec.org/deep/>  
For more info, call 850-692-2845 or email [ycandelaria@bigbendahec.org](mailto:ycandelaria@bigbendahec.org) or [mdarcangelis@bigbendahec.org](mailto:mdarcangelis@bigbendahec.org)

## **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 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.](#)

*Health and Wellness is sponsored by McDonnell Hearing Solutions*