

# TSC Health, Wellness & Fitness Classes

## July 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)

### WELLNESS EDUCATION

#### Thursday, July 15 9:00 am – Noon IN-PERSON @ TSC

##### **“Podiatry Screening and Foot Care”**

Dr. Gary McCoy, Podiatrist & foot specialist, is back at TSC with Covid-safety protocols. He cuts toenails and assesses and treats foot problems. Doctor accepts Medicare, Medicaid, and secondary insurance, which may cover costs for this. \$25 flat fee if not covered by insurance.

Appointment is required. Email [Sarah.vernon@talgov.com](mailto:Sarah.vernon@talgov.com) or call 891-4000.

#### Monday, July 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

#### Wednesday, July 7 @ 10:00 am on ZOOM

##### **“All about OPG and Guardianship”**

The AARP Age Friendly Community project identified a gap in senior’s understanding of what guardianship is and how it is relevant to their lives. Please join us for this presentation by the Office of Public Guardian (OPG) to learn more guardianship and to address the many questions and misconceptions around it.

Presented by Karen Campbell, JD, Executive Director, OPG

Register <https://www.tallahasseeseniorfoundation.org/?p=7795>

#### Thursday, July 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

#### Thursday, July 22 @ 10:30 am at TSC

##### **“Hurricane Preparedness”**

Hurricane and Emergency Preparedness starts with you! Please join the City of Tallahassee as they present tips and information about how to personally prepare yourself and your home for weather emergencies. Buckets will be distributed so you can “build your own emergency bucket.” Presented by COT Neighborhood Affairs, Parks, Recreation and Neighborhood Affairs

#### Wednesday, July 28 @ 10:00 am on ZOOM

##### **“Better Breathing with Asthma”**

Asthma is a common and chronic disease that affects the airways in your lungs. It can be challenging to live with asthma, but it possible to manage it, stay active and enjoy doing the things you love. Please join TMH’s Chronic Lung Disease Navigator for a presentation about the diagnosis, impact, and current treatment of asthma.

Presented by Allison Peters, RT, TMH

Register here <https://www.tallahasseeseniorfoundation.org/?p=8001>

## 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. Live in-person classes are happening now, and 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](#) (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.](#)

## IN-PERSON FITNESS OPPORTUNITIES (TSC)

Class	Day	Time	Instructor	Location	Staff contact
<b>Brain-Body-Balance</b> (Mostly seated for brain/body)	Mon	1:00 pm	Merisha	Auditorium	Judy.Shipman@talgov.com
<b>Life Exercise</b> (Aerobic, balance, strength)	Tue/Thu	9:00 am	Pomeroy	Auditorium	Ruth.Nickens@talgov.com
<b>Mindful Movement</b> (Mostly seated movement & music)	Tue	11:00 am	Lori	Auditorium	Judy.Shipman@talgov.com
<b>Gentle Yoga</b> (Chair and mat, gentle for all)	Tue	1:00 pm	Ferdouse	Auditorium	Sarah.Vernon@talgov.com
<b>Feeling Fit</b> (Aerobic, balance, stretch, flex)	Thu	1:00 pm	Robin	Auditorium	Ruth.Nickens@talgov.com

See more next page

## IN-PERSON FITNESS OPPORTUNITIES (OUTREACH SITES)

Class	Day	Time	Instructor	Location	Staff contact
Brain-Body-Balance	Tue/Thu	9:00 am	Wendy Ferdouse	Optimist Park	Wendy.Barber@talgov.com
Brain-Body-Balance	Tue	10:45 am	Wendy	SouthWood	Wendy.Barber@talgov.com
Senior Fitness	Tue/Fri	9:30 am	Ferdouse	NE Library	Sarah.Vernon@talgov.com
Sr Fitness Beginner	Tue/Fri	10:30 am	Llona	NE Library	Sarah.Vernon@talgov.com
Sr Fitness Advanced	Tue/Fri	11:45 am	Llona	NE Library	Sarah.Vernon@talgov.com
Beginners Yoga	Mon Wed	2:30 pm 4:15 pm	Ferdouse	NE Library	Sarah.Vernon@talgov.com
Sit & Fit (Start 7/13)	Tue/Thu	9:30 am	Judy	Chaires	Sarah.Vernon@talgov.com
Sr Fitness (7/12)	Mon/Wed/Fri	8:30 am	Judy	Chaires	Sarah.Vernon@talgov.com
Sr Fitness	Mon/Wed	10:30 am	Wendy	Ft. Braden	Sarah.Vernon@talgov.com
Beginner Yoga	Wed	2:00 pm	Lori	Lake Jackson	Sarah.Vernon@talgov.com
Mindful Movement (6/24)	Thu	1:00 pm	Lori	Lake Jackson	Sarah.Vernon@talgov.com
Sr Fitness (7/20)	Tue/Thu	11:15 am	Judy	Miccosukee	Sarah.Vernon@talgov.com
Sr Fitness	Mon/Wed	9:30 am	Llona	Woodville	Sarah.Vernon@talgov.com

