

Class Descriptions

Class name	What to expect
Seniorcise Gold I & II 45 min	Active cardio, strength, and balance exercises including mat exercises.
Strength n' Flex I & II 45 min	Active cardio, strength and balance exercises including some exercises performed in a chair.
Strong n' Stable 45 min	Gentle cardio, strength and balance exercises performed mostly in a chair.
Gentle Flow Yoga 60 min	A rhythmic flow from one posture to another meant to improve balance, coordination, bone density, muscle mass, and mental/emotional wellbeing. Portions of the class require you to use a mat on the floor.
Sit, Fit n' Fun 20 min	Seated strength, range of motion, coordination, and stretching exercises make this 20 minute class a good fit for those looking for a gentle exercise option.



FRANKE TOBEY JONES

M.J. WICKS WELLNESS CENTER

Enjoy your age

Well, Well, Well December '21

Schedule Changes and Updates for December

Wellness Center

hours:

Mon - Fri:
6am-7pm

Wellness Program

Coordinator:

Colin Deck
253-756-6279

Wellness info:

Community member
monthly price:
-\$40/single
-\$60/couple

Wellness calendar
also available online:
www.franketobeyjones.com

- No Yoga on Tuesday, December 9th, Tuesday, December 21st or Thursday, December 23rd
- No Strong n Stable on Thursday, December 23rd
- No Sit Fit n Fun on Thursday, December 23rd
- No Wellness Classes on Friday, December 24th or Friday, December 31st



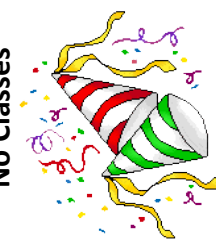
Easy Tips for Fall Prevention

According to the Center for Disease Control and Prevention (CDC), every second of every day in the United States an older adult falls, making falls the number one cause of injuries and deaths from injury among older Americans. Here are a few easy steps you can take to prevent falls that have been provided by the CDC:

- Exercise regularly to improve strength, balance and coordination.
- Have your doctor check all of the medicines you take as some can make you sleepy or dizzy.
- Have your vision checked once a year by an optometrist as poor vision can increase the risk of falls.
- Get up slowly after you sit or lie down.
- Wear sturdy shoes with thin, non-slip soles.
- Improve the lighting in your home by using brighter bulbs. Compact fluorescent light bulbs are a good option that cost less to use.



December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Legend</p> <p>LP - Lillian Pratt Parlor TJ - Tobey Jones Solarium</p>		<p>1 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>2 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP</p>	<p>3 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II 2:30 Sit Fit n Fun - TJ</p>
<p>6 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II</p>	<p>7 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP</p>	<p>8 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>9 10:00 Strong n Stable No Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP</p>	<p>10 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II 2:30 Sit Fit n Fun - TJ</p>
<p>13 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II</p>	<p>14 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP</p>	<p>15 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>16 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP</p>	<p>17 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II 2:30 Sit Fit n Fun - TJ</p>
<p>20 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II</p>	<p>21 10:00 Strong n Stable No Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP</p>	<p>22 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>23 No Strong n Stable No Yoga No Sit Fit n' Fun</p>	<p>24 No Classes </p>
<p>27 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II</p>	<p>28 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP</p>	<p>29 8:00 Seniorcise Gold I 9:00 Seniorcise Gold II 10:00 Strong n Flex I 11:00 Strong n Flex II 2:30 Sit Fit n Fun - TJ</p>	<p>30 10:00 Strong n Stable 11:00 Yoga 2:30 Sit Fit n Fun - LP 3:00 Sit Fit n Fun - LP</p>	<p>31 No Classes </p>

If you are interested in classes, please set up a time with Wellness Staff for an assessment at 253-756-6279.



FRANKE TOBEY JONES
Enjoy your age