



# December 2022

## WELLNESS CONNECTION

Office Hours: M-F 8 a.m. - 4 p.m.

Fitness Club/Pool Hours: 6 a.m. - 7 p.m.




3400 Wagner Heights Road • Stockton, CA 95209

Phone: (209) 956-3470

### MONDAY

**Pool:** 6 a.m. – 7p.m.

**Tone Up**  
9:00 - 9:45 a.m.

**Flo Motion**   
10:00 - 10:45 a.m.

**Be Fit, Not Frail**  
10:00 - 10:45 a.m.

**Yoga**  
11:00 - 11:30 a.m.


### TUESDAY

**Pool:** 6 a.m. – 7p.m.

**Water Walking**   
10:00 - 10:30 a.m.

**FallProof**  
10:45 - 11:30 a.m.

**Balance & Band**  
1:30 - 2:15 p.m.


**Aqua Body Moves**  
1:30 - 2:15 p.m. 

**Brain Fitness WH**  
3:15-4:00 PM  
**3rd Tuesday ONLY this month -12/20/22**

### WEDNESDAY

**Pool:** 6 a.m. – 7p.m.

**Tone Up**  
9:00 - 9:45 a.m.

**Flo Motion**   
10:00 - 10:45 a.m.

**Be Fit, Not Frail**  
10:00 - 10:45 a.m.

**Yoga**  
11:00 - 11:30 a.m.

### THURSDAY


**Pool:** 6 a.m. – 7p.m.

**Yoga**  
9:00 - 9:30 a.m.

**Water Walking**   
10:00 - 10:30 a.m.

**FallProof**  
10:45 - 11:30 a.m.

**Balance & Band**  
1:30 - 2:15 p.m.

**Aqua Body Moves**  
1:30 - 2:15 p.m. 

### FRIDAY

**Pool:** 6 a.m. – 7p.m.

**Tone Up**  
9:00 - 9:45 a.m.

**Be Fit, Not Frail**  
10:00 - 10:45 a.m.

#### December Fitness Class cancellations:

**Yoga cancellations**– Monday 12/12/22, Wed. 12/14/22, Thurs. 12/15/22, Monday 12/26/22. & Thursday 12/29/22.

**Aqua Body Moves cancellations**– Tuesday 12/13/22, Thursday 12/15/22, and Thursday 12/29/22.



New Class



Aqua Class



## Why Older Adults Should Regularly Exercise During the Winter Months

While exercise is critical for everyone all year round, it is especially important for older adults to continue to be active through the winter. During this time of the year getting out and about can be a bit more difficult due to colder weather. Remember, physical activity increases blood flow to your whole body.

Staying active is important for your whole body, including your brain. Performing a minimal amount of daily physical movement and exercise can even help to prolong some of the memory loss and cognitive decline associated with aging.

**Focus on Realistic Goals** the key to finding the appropriate activity and exercise is to firstly focus on realistic goals. For older adults, exercises should help to target important skills and abilities that will keep them safe in their daily routines.

Most important is to keep up with your regular routine everyday.

***See the benefits as to why you should make movement a part of your daily routine!***

## Benefits to exercising during the Winter:

### Brain Health

Working out and participating in exercise activities ensures regular use of many parts of the brain. Exercising has been shown to help prevent memory loss issues and dementia. You can also join the fun at the [Brain Fitness Classes](#).

### Retain Your Flexibility

As we age, our muscles become shorter and lose their elasticity causing a decreased range of motion. For older adults, stretching is essential for staying limber and flexible enough to perform the basic activities needed to get through the day. [Yoga](#) can provide the necessary movements and kind of low impact workout needed to increase flexibility as we age.

### Improve Fall Prevention

For older adults living in fear of falling should not have to be a part of the daily routine. Aging adults can mitigate both fear and risk by dedicating a small window of time towards working on balance each day. Join the [FallProof Balance & Mobility](#) or [Bands & Balance Class](#).

### Low Impact Activities

Don't underestimate [the value of walking](#) for your strength training. An active routine can add years to a life so it is important to exercise throughout the winter season. As an alternative, many adults with joint pain and arthritis will turn to indoor walking or warm water walking in the pool. Water provides a kind of low-impact resistance training capable of targeting your joints and muscles.

*For more information on these and other programs offered through the Wellness Connection at O'Connor Woods, call 956-3470. Residents are required to have a signed medical release from their physician. Everyone using the pool must sign a voluntary release and indemnity agreement before entering the water for the first time.*