



The Wellness Center Programs

January - May 2010

Bayley Plus Members receive a 20% discount on any fee-based programs, excluding monthly benefit buffets

JANUARY

Basic Computer Information

Wednesday, January 13 1:00-3:00pm Free

Do you want to learn something new in 2010? Betty Olding can teach you basic computer skills. Reservation required. Call 347-5510 by 1/8.

Benefit Buffet

Wednesday, January 13 5:30-7:00pm \$13.00

Catered by Perk on the Pike. Italian theme meal. Reservation and payment must be received by 1/8. Call 921-7375.

Diabetes Information Session

Thursday, January 21 3:00-4:30pm Free

A free session by Bernens with a Certified Diabetes Educator where you will learn about different kinds of diabetes, good blood sugar control, diabetes treatments and tests, meal planning and physical activity, and helpful resources. Reserve your seat by 1/15. Call 347-1450.

American Heart Association

Monday, January 25 5:00-9:00 pm \$53.25 *

CPR/AED and Basic Life Saving Certification New Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 1/20. Call 347-5510.

American Heart Association

Wednesday, January 27 6:00-8:00 pm \$42.60 *

CPR/AED and Basic Life Saving Certification Re-Certification. 2 year certification for healthcare providers and/or general public. Reservation and payment must be received by 1/22. Call 347-5510.

Wine Down from the Holidays!

Saturday, January 30 3:00-5:00pm \$5.33 *

Includes wine education, appetizer, and complementary wine tasting. Reservation and payment must be received by 1/22. Call 347-5510.

FEBRUARY

Personal NEWtrition with Chryis O'Connor: 6 Weeks to a New You!

Information Night Thursday, February 4 7:00-8:00 pm Free

The six week session is \$197.00 *

(\$20 discount to Sisters of Charity employees)

Week One: Healthy Eating for Weight Management 2/18/10

Week Two: Planning Healthy Meals 2/25/10

Week Three: Healthy Food Choices Outside your Home 3/04/10

Week Four: Including Exercise in your Daily Routine 3/11/10

Week Five: Behavior 3/18/10

Week Six: Moving Forward with a NEW Lifestyle 3/25/10

Spiritual Series

Tuesday, February 9 1:30 pm Free

Speaker S. Ann Ryan presents the reflection Setting Sail in My Boat. Life is like this: we are the boat, the vessel, and do not know where the tides of life will take us. Do we trust as the sailors did on their journey? Call 347-5510 for information.

* Tax Included

Benefit Buffet

Wednesday, February 10 5:30pm \$11.00 (special price)

Catered by Perk on the Pike. Buffet will benefit Boy Scout Troop 350. Reservations and payment must be received by 2/5. Call 921-7375.

Come and Bead Happy

Thursday, February 11 6:00-8:00pm \$31.95 *

Make your own Valentines Day bead necklace. The material and instructions are included. Registration and payment must be received by 2/5. Call 347-5510.

Kid's Camp

Monday, February 15 9:00-3:00 pm \$31.95 *

School's Out for President's Day! Don't let your kids sit at home, bring them to the Fitness Club's Kid's Camp! Children ages 5-12 welcomed. Activities include: swimming, line dancing fitness, mini fitness boot camp, crafts, and much more. Reservations and payment must be received by 2/8. Call 347-5510 for additional information.

American Heart Association

Monday, February 22 5:00-9:00 pm \$53.25 *

CPR/AED and Basic Life Saving Certification New Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 2/19. Call 347-5510.

American Heart Association

Wednesday, February 24 6:00-8:00 pm \$42.60 *

CPR/AED and Basic Life Saving Certification Re-Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 2/20. Call 347-5510.

Heart Program

Thursday, February 25 2:00-4:00pm Free

A free session with a Registered Pharmacist from Bernens, specifically targeting blood pressure control, treatments and tests, as well as a complimentary blood pressure screening. Reservations required. Call 347-1450 by 2/19.

MARCH

Spiritual Series Tuesday, March 9 1:30pm Free

Speaker S. Jeanette Jabour addresses God's words in Chapter 2 of Joel, "return to me with all your heart," which remind us that he is always ready to forgive. Recognizing that the message of forgiveness is heard throughout scripture, how do I personally respond to God who continually calls me to return to him? Call 347-5510 for information.

Benefit Buffet

Wednesday, March 10 5:30-7:00pm \$13.00

Catered by Perk on the Pike. Buffet will benefit Eldermount. Reservations and payment must be received by 3/5. Call 921-7375.

Medicare and Home Health:

Thursday, March 11 2:00-3:00pm Free

"Medicare and Home Health: How it works and how it can benefit you" The Medicare A&B Information Session can help get you on track. Maple Knoll and Bernens will be leading an information session regarding nursing care and durable medical equipment. Please reserve a seat by calling 347-1450 by 3/5/10.



The Wellness Center Programs

American Heart Association

Monday, March 29 5:00-9:00 pm \$53.25 *
CPR/ AED and Basic Life Saving Certification New Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 3/25. Call 347-5510.

American Heart Association

Wednesday, March 31 6:00-8:00 pm \$42.60 *
CPR/ AED and Basic Life Saving Certification Re-Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 3/26. Call 347-5510.

Easter Basket Décor

Tuesday, March 30 6:00-8:00pm \$31.95 *
Allow Petals N Glass Boutique to help you create a beautiful Easter centerpiece. Cost includes all supplies plus hands on instruction. Registration and payment must be received by 3/24. Call 347-5510.

APRIL

Reds Opening Day

Monday, April 5 12:00-3:00pm \$10.65 *
Come cheer on the Reds and enjoy them on the big screen. Hot dogs, popcorn, and peanuts are on the menu! Registration and payment must be received by 3/30. Call 347-5510.

Spiritual Series

Tuesday, April 13 1:30pm Free
Speaker Susan Haumesser dialogues on "God Winks: Encountering the Divine." Call 347-5510 for additional information.

Benefit Buffet

Wednesday, April 14 5:30pm \$13.00
Catered by Perk on the Pike. Buffet will benefit The Western Corridor. Reservations and payment must be received by 4/9. Call 921-7375.

Swim to me Baby

Thursday, April 15 11:30-12:00 pm \$63.90 *
Special classes for parents and young children (6 months-36 months) Classes will take place in our warm water therapy pool. Six week session (4/15, 4/22, 4/29, 5/6, 5/13, 5/20) Reservation and payment must be received by 4/12. Call 347-5510 for information.

Swim to me Baby

Saturday, April 17 9:00-9:30 am \$63.90 *
Special classes for parents and young children (6 months-36 months) Classes will take place in our warm water therapy pool. Six week session (4/17, 4/24, 5/1, 5/8, 5/15, 5/22) Reservation and payment must be received by 4/14. Call 347-5510 for information

Kids Boot Camp

Saturday, April 17 9:00-10:00 am \$63.90 *
The Fitness Club has taken the hottest adult workout and adapted it into a fitness program for kids! Children ages 5-12 welcomed. Six week session (4/17, 4/24, 5/1, 5/8, 5/15, 5/22) Reservations and payment must be received by 4/14. Call 347-5510 for information

Flower Pot Creations

Saturday, April 17 10:00am-12:00pm \$26.63
Artist and crafter Diane Becker of M&M Creations facilitates this class to transform plain flower pots into beautiful pieces of art that make great gifts! Price includes a flower pot and supplies. Limited space is available. Registration deadline is 4/9. Call 347-5510.

American Heart Association

Monday, April 26 5:00-9:00 pm \$53.25 *
CPR/ AED and Basic Life Saving Certification New Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 4/22. Call 347-5510.

Delhi Community Project

Tuesday, April 27 7:00-9:00pm Free
This community project is overseen by Debbie Gardner and teaches self-defense and how to live with courage, not fear! Located at the College of Mount St. Joseph. Call 347-5510 for information.

American Heart Association

Wednesday, April 28 6:00-8:00 pm \$42.60 *
CPR/ AED and Basic Life Saving Certification Re-Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 4/23. Call 347-5510.

MAY

Brown Bag with Hart's Pharmacy

Tuesday, May 11 1:00-3:00pm Free
Bring your medications and discuss them with a pharmacist. Please call 347-5510 to make your appointment by 5/4.

Benefit Buffet

Wednesday, May 12 5:30 pm \$13.00
Catered by the Perk on the Pike. Buffet will benefit Seton High School Scholarship Fund. Reservations and payment must be received by 5/7. Call 921-7375.

Spiritual Series

Wednesday, May 19 1:30 pm Free
Speaker Lois Taylor dialogues on "Mary" Call 347-5510 for more information.

American Heart Association

Monday, 5/24 5:00-9:00 pm \$53.25 *
CPR/ AED and Basic Life Saving Certification New Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 5/20. Call 347-5510

American Heart Association

Wednesday, May 26 6:00-8:00 pm \$42.60 *
CPR/ AED and Basic Life Saving Certification Re-Certification. Two year certification for healthcare providers and/or general public. Reservation and payment must be received by 5/21. Call 347-5510.

* Tax Included