



Eldermount
Adult Day Program
A nonprofit ministry of the Sisters of Charity



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The Wellness Center Programs

June - December 2010

ONGOING PROGRAMS

American Heart Association New Certification

Mondays 5:00-9:00 pm \$53.25*
06/28, 07/26, 08/23, 09/27, 10/25, 11/15, 12/27
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 three days in advance.
Call 347-1400 for information.

American Heart Association Re-Certification

Wednesdays 6:00-8:00 pm \$42.60*
06/30, 07/28, 08/25, 09/29, 10/27, 11/17, 12/29
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 three days in advance.
Call 347-1400 for information.

Bayley Be Connected Membership

Information sessions: 6/16, 7/21, 8/18, 9/15, 10/20, 11/17 and 12/15 2:00 pm at The Community Wellness Center.
Introducing an innovative membership program for people who want to continue living confidently in their homes as they age or simply wish to enjoy free time without the worry of daily tasks. Members will have access to an array of services designed to continuously meet your needs, such as transportation, housekeeping, personal assistance and home repair. Members also benefit from the state-of-the-art programs and facilities of the Community Wellness Center including, group exercise, educational and social programs. Call 347-5510 for information.

Weight Watchers

Monday evenings at the Wellness Center. Weigh-in 6:00-6:30pm, meeting 6:30-7:00pm. On the 3rd Monday Fitness Club staff demonstrates ways to gradually increase activity levels. Weight Watcher members who join the Fitness Club will have the \$75 joiner's fee waived. New members always welcome. Questions, call 1-800-379-5757

Free Blood Pressure Screenings

FREE

Maple Knoll provides free blood pressure screenings on the second Wednesday each month 1-3pm at Bayley Place, and on the fourth Tuesday 11am-12:30pm at the Wellness Center.

Wellness Center Buffet

Second Monday of the Month 5:30-7:00 pm \$13.00
Reservation & payment must be received by the Friday before. Please call 347-5510 for more details.

The Wellness Center Café Re-opens in July!

Lunch menu will feature "Blue Plate Specials," Grilled & Hot Sandwiches such as our incredible Pot Roast "Burger," Gourmet Pizza, Burgers, Brats & All-Beef Hot Dogs, Seasonal Soups, Fresh Salads, Value "BOWLS," our very own Chili 4:4 and much more.

* Tax Included

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

JUNE-DECEMBER 2010 PROGRAM OFFERINGS

JUNE

Swim to me Baby (Register for one day)

Tuesdays: June 15-July 20 6:15-6:45 pm \$63.90*
Saturdays: June 19-July 24 9:00-9:30 am \$63.90*
Special classes for parents and young children (6-36 months). This six week session will be in our warm water therapy pool. Reservation and payment must be received by 6/8. Call 347-1400 for information.

Kids Boot Camp

Tuesdays: June 15-July 20 6:00-7:00 pm \$63.90*
The Fitness Club has adapted the hottest adult workout into a program for kids! Ages 5-12, 6 week session: 6/15-7/20. Reservations and payment must be received by 6/8. Call 347-5510 for information.

Brush Up on Your Computer Skills

Wednesday, June 16 1:00-3:00 pm FREE
Betty Olding teaches the basics. Register by calling 347-5510 by 6/14.

Backyard Dining - Cooking Healthy Foods on the Grill

Monday, June 21 6:00-7:00 pm \$10.65*
Ideas on preparing your favorite foods in a safe, healthy way. Recipes will be available. Registration and payment due one week prior to start.

Benefits of Lifeline

Tuesday, June 22 1:00-2:00 pm FREE
Find out the benefits of this 24/7 response system. Dessert provided.

AARP 55 Alive Mature Driving Course

Wednesday, June 23 10:00 am-3:00 pm \$12.00
\$14.00 for non-members (checks payable to AARP). Improve your driving skills in AARP Driving Class. Register by calling 347-5510.

Victorian High Tea - Sponsored by Bayley Be Connected Program

Friday, June 25 1:00-2:30 pm \$10.00 (Be Connected Members \$6.00)
Enjoy an afternoon filled with music, refreshments and good friends. (Victorian accessories optional.) Reservation and payment must be received by 6/18. For more information call 347-5514.

Yoga Family Experience (Register for one day)

Wednesdays: June 23-July 28 11:45 am-12:30 pm \$79.88*
Saturdays: June 26-July 31 11:15 am-12:00 pm \$79.88*
Experience yoga with your child in this engaging class where you can build confidence, strengthen your bodies and minds together through the practice of yoga postures, breathing and stretching. Registration and payment due one week prior to start.

Diabetic Seminar: Coping with Diabetes

Thursday, June 24 6:00-7:00 pm FREE
Book, healthy snacks and drinks provided. To register call 347-1450.

Teen Zumba (Ages 12-17)

Thursdays: June 24-July 29 6:15-7:00 pm \$63.90*
Zumba is a blend of Latin American music and classic dance in a fun, easy-to-follow format. Learn salsa, samba, hip hop and more while you get fit! No dance experience necessary. Please bring a water bottle, sneakers and comfortable clothes. Registration and payment due one week prior to start.

Vitamins & Herbs-Sponsored by Bernens

Tuesday, June 29 11:30 am-1:00 pm **FREE**
Please drop Vitamin & Herb ideas off at Bernens Medical by 6/15 and we will add those to the program.

JULY

AUGUST

Eating Vegetarian - It's More Than Just Salad

Monday, August 16 6:00-7:00 pm **\$10.65***
Ways to make your vegan diet healthy and nutrient balanced. Recipes will be available. Registration and payment due one week prior to start.

Turkeys in Training

Information Session: Tuesday, August 17 6:00 pm **FREE**
\$47.93 for Fitness Club Members, \$63.90 for non-members*

Want to feel less guilty about your Thanksgiving dinner? The Fitness Club Thanksgiving Day Race Training Program is open to walkers, runners, first timers and seasoned veterans. The program includes the tools you will need to complete a 5K and the annual 10K Turkey Day Race, personalized training programs, weekly group runs and more. Call 347-1400 for more information. **Does not include membership.*

Breast Health Education with Health Alliance

Tuesday, August 24
You can schedule your mammography appointment to be done on-site September 21 at Bayley Place.

10:30-11:30 Bistro at Bayley Place
12:30-1:30 Motherhouse
2:00-3:00 Wellness Center

Information on Orthopedics

Thursday, August 26 2:00-3:00 pm **FREE**
Session on orthopedics procedures and equipment, presented by Bernens and Maple Knoll. For information please call 347-5510.

SEPTEMBER

Personal NEWritrition with Chrissy O'Connor:

6 Weeks to a New You!
Information Night Thursday, Sept. 2 6:00-7:00 pm **FREE**
Thursdays: 6:00-7:00 pm

The six week session is \$197.00*
(*\$20 discount to Sisters of Charity employees*)
Week One: Healthy Eating for Weight Management: 9/9
Week Two: Planning Healthy Meals: 9/16
Week Three: Healthy Food Choices Outside your Home: 9/23
Week Four: Including Exercise in your Daily Routine: 9/30
Week Five: Behavior: 10/7
Week Six: Moving Forward with a NEW Lifestyle: 10/14

Swim to me Baby (Register for one day)

Tuesdays: Sept. 7-Oct. 12 6:15-6:45 pm **\$63.90***
Saturdays: Sept. 11-Oct. 16 9:00-9:30 am **\$63.90***
Special classes for parents and young children (6-36 months). This six week session will be in our warm water therapy pool. Reservation and payment must be received by 6/8. Call 347-1400 for more information.

Kids Boot Camp

Tuesdays: Sept. 7-Oct. 12 6:00-7:00 pm **\$63.90***
The Fitness Club has adapted the hottest adult workout into a program for kids! Ages 5-12, 6 week session: 9/7-10/12. Reservations and payment must be received by 8/31. Call 347-1400 for information.

Information Session on Medicare Part D

Tuesday, September 14 10:00 am **FREE**
Charlotte Peoples from Council of Aging will speak on Medicare Part D program. For information please call 347-5510.

Teen Zumba (Ages 12-17)

Thursdays: Sept. 9-Oct. 12 6:15-7:00 pm **\$63.90***
Zumba is a blend of Latin American music and classic dance in a fun, easy-to-follow format. Learn salsa, samba, hip hop and more while you get fit! No dance experience necessary. Please bring a water bottle, sneakers and comfortable clothes. Registration and payment due one week prior to start.

Yoga Family Experience (Register for one day)

Wednesdays: Sept. 15-Oct. 20 11:45 am-12:30 pm **\$79.88***
Saturdays: Sept. 18-Oct. 23 11:15 am-12:00 pm **\$79.88***
Experience yoga with your child in this engaging class where you can build confidence, strengthen your bodies and minds together through the practice of yoga postures, breathing and stretching. Registration and payment due one week prior to start.

Quick & Simple - Planning Healthy Meals for You and Your Family

Monday, September 20 6:00-7:00 pm **10.65***
Quick and healthy meals using current nutrition guidelines. Recipes will be available. Registration and payment due one week prior to start.

Mobile Mammography

Tuesday, September 21 7:00 am-3:00 pm
Call now to schedule your appointment at 686-3300. For more information call 347-5510.

OCTOBER

Spiritual Series

Wednesday, October 13 1:30 pm **FREE**
Lois Taylor will discuss Mary and Fatima. She will bring a tape on the celebration at Fatima on the 13th of October in 1992.

Dining Out for Less...Calories

Monday, October 18 6:00-7:00 pm **\$10.65***
Gain a better understanding of how to read a menu. Suggestions for healthy options. Registration and payment due one week prior to start.

Gift Gathering for Seton Sensation

Saturday, October 23 5:00-7:00 pm **FREE**
Seton High School Gift Gathering Party! Wine, cheese, and appetizers will be available. For information please call 347-5510.

NOVEMBER

M.Y. Card Creations

Thursday, November 4 6:00-8:00 pm **\$13.85***
Everyone enjoys receiving a beautiful card. The cards are pre-cut. Price includes all supplies. Limited space is available. Registration and payment must be received by 10/28. Call 347-5510.

How to Make My Meals "Diabetic"

Monday, November 15 6:00-7:00 pm **\$10.65***
Tips for planning diabetic meals, includes recipes. Registration and payment due one week prior to start.

AARP 55 Alive Mature Driving Course

Wednesday, November 17 10:00-3:00 pm **\$12.00 (for members)**
\$14.00 for non-members (checks payable to AARP). Improve your driving skills in AARP Driving Class. Register by calling 347-5510

Make your own Thanksgiving/Christmas Centerpiece

Tuesday, November 23 6:30-8:30 pm **\$21.30***
Petals N Glass will help you create a combined holiday centerpiece. Cost includes supplies plus instructions. Registration & payment must be received by 11/20. For more information call 347-5510.

DECEMBER

* Tax Included