

COMMUNIQUE

Info and Events

Maintaining a Healthy Pelvic Floor
June 27, 1:30- 2:30 p.m.

July 12, 3:00 p.m. Navigating the Home Care Roadmap. Palliative Care, Home Health, and Hospice.

July 27, 1:30p – Osteoporosis management through exercise.

August 2, 3:00 p.m. – Take care of you and your hormones.

September 7, 4:00 p.m. – Joint pain.

Weekly Group Exercise classes:

Zumba with Kathy, Mondays & Wednesdays at 6:00 -7:00 p.m.

Aqua Zumba with Kathy, Fridays at 9:00 – 9:45 a.m.

Aerobic Dance, “Let’s Keep Movin” with TJ, Mondays at 10:30 a.m.

Dance Cardio & Tone, with TJ on Tuesdays at 10:00 a.m.

Line Dancing, Thursdays at 9:00 a.m.

Tap Dancing, Mondays at 12:30 p.m. and Wednesdays at 9:45 a.m.

Pickleball Skill Building and Beginners Sessions -Wednesdays 11am - 1pm at Beach Club Courts.

Core Strength

According to Harvard Health Publishing and other health and fitness resources having a strong or stable core “can often prevent overuse injuries and can help boost resiliency and ease of rehab from acute injury. The core includes the pelvic floor musculature and maintaining core stability can help treat and prevent certain types of incontinence.”

Experts agree that degenerative changes can affect the spine as these bones and cartilage are subject to wear and tear as we age. The core includes the muscles that contribute to good posture. Core muscles are the muscles in lower and upper torso. These muscles maintain proper posture and protect the body’s inner organs.

Correct postural exercises can help guard against curvature of the spine and other spinal column issues. There are a number of ways to work out the core.

Click [here](#) for core exercises for seniors.

The Bay Club fitness area, stretching area and floor exercise areas have all the amenities needed for core exercises and a new mirror so you can check your form. There is also a library of books available for reference.

Maintaining a Healthy Pelvic Floor Monday, June 27, 1:30-2:30 pm.

Caitlin Daly, PT, Jefferson Healthcare Rehabilitation Services will share her expertise about pelvic floor health and the role a healthy pelvic floor takes in supporting internal organs, controlling bowels and bladder as well as stabilizing hips, pelvic, and trunk. Learn how exercise and physical therapy can help. Register at front desk or call 360.437.2208.

The next meeting of the Health and Fitness Committee is June 2nd at 9:30 a.m.

