



























**MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

<p><b>8:30-9:15am</b> Water Walking </p>	<p><b>8:30-9:15am</b> Aqua Balance and Strength </p>	<p><b>8:30-9:15am</b> Water Walking </p>	<p><b>8:30-9:15am</b> Aqua Balance and Strength </p>	<p><b>8:30-9:15am</b> Aqua Motion </p>	
<p><b>9:15-9:45am</b> Core Zone </p>	<p><b>9:15-10:00am</b> Balance 2 </p>		<p><b>9:15-10:00am</b> Balance 2 </p>		<p><b>9:00-9:45am</b> Balance 2 </p>
<p><b>10:00-10:30am</b> Sit &amp; Strong </p>	<p><b>10:30-11:00am</b> Body Shop </p>	<p><b>10:00-10:45am</b> Stand and Strong </p>		<p><b>10:00-10:30am</b> Sit &amp; Strong </p>	<p><b>10:00-11:30am</b> Ping Pong Club Practice </p>
<p><b>10:30-11:00am</b> Gentle Stretch &amp; Strength </p>	<p><b>10:30-11:30am</b> WAVES </p>		<p><b>10:30-11:30am</b> WAVES </p>	<p><b>10:30-11:00am</b> Body Shop </p>	
<p><b>11:15am-12:00pm</b> Balance 1 </p>	<p><b>11:15-11:45am</b> Tai Chi for Arthritis &amp; Fall Prevention </p>	<p><b>11:15am-12:00pm</b> Balance 1 </p>	<p><b>11:15-11:45am</b> Tai Chi for Arthritis &amp; Fall Prevention </p>	<p><b>11:15am-12:00pm</b> Balance 1 </p>	
		<p><b>1:00-1:45pm</b> Stress Less </p>			
			<p><b>1:30-2:15pm</b> Brain Builders</p>		
	<p><b>1:30-3:30pm</b> Ping Pong Practice </p>		<p><b>1:30-3:00pm</b> Ping Pong Club Practice </p>		

**Black = Wellness Center**  
**Green = Healthcare Neighborhood**  
**Blue = Water Based Class**

**CLASS ICONS KEY**



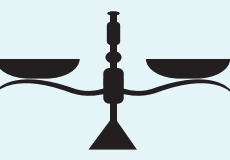
Flexibility Based



Chair Based/  
Low Intensity



Low-Intensity Pool



Balance-Based



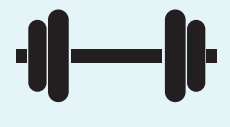
Moderate-to  
High-Intensity



High-Intensity Pool



Yoga/  
Pilates



Strength-Based

## CLASS DESCRIPTIONS

### **Aqua Balance and Strength:**

An aqua class designed to gently increase your balance, flexibility and strength.

**Aqua Motion:** Cardio, strength, range of motion, balance and core work. Excellent overall workout for the warm water enthusiast.

**Balance I:** Enhance your Balance and strength through an invigorating combination of strength and exercises designed to increase your balance.

**Body Shop:** A standing cardio based workout full of music and fun.

**Brain Builders:** A class designed to expand your mind, whether it is trivia or learning the game of cribbage, this class will be different and mind expanding every time!

**Ping Pong Club:** Want to show off your talent or just learn a new sport. The Ping Pong Club will show you how. Have fun meeting new people and learning the techniques of ping pong.

**Sit and Strong:** A beginner class for those that want to learn how to use weights & build strength. This class is done using light weights & body bars.

**Stand and Strong:** A new class for the member who is ready to stand and be strong! Come join Natalie and work on your strength using body bars and weights to build muscle and endurance.

**Stress Less:** A program designed to assist members in deep breathing, stretching and other light exercises to decrease stress.

**Tai Chi for Arthritis and Fall Prevention:** Tai Chi for Arthritis & Fall Prevention incorporates exercises that improve muscular strength, flexibility, & fitness, focusing on weight transference, which improves balance & prevents falls. It can be practiced sitting or standing.

**WAVES:** Award-winning aquatics program designed to soothe anxiety, improve appetite and strengthen bonds between members and caregivers.

## NATIONAL MEMORY SCREENING PROCESS

A memory screening is a simple and safe evaluation tool that checks memory and other thinking skills. It can indicate whether an additional check up by a qualified healthcare professional is needed.

A screening consists of a series of questions and/or tasks designed to test memory, language skills, thinking ability, and other intellectual functions.

Screening tools identified by AFA's Memory Screening Advisory Board include the GPCOG (General Practitioner Assessment of Cognition), MINI-COG, MIS (Memory Impairment Screen) and BAS (Brief Alzheimer's Screening). These four tests meet accepted criteria for use as a screening instrument: effective, easy to administer and validated by research, and AFA is able to offer the test for free for use during this event due to the generous permission of the copyright holders. AFA's Memory Screening Advisory Board welcomes the review of other instruments for possible consideration; please e-mail [info@nationalmemoryscreening.org](mailto:info@nationalmemoryscreening.org).

The person who administers the screening will review the results with the person being screened, and suggest whether the person should follow up with a physician or other qualified healthcare professional for more extensive testing.

Results of the memory screenings are confidential. The participant will receive the screening results to bring to a healthcare professional for follow-up and/or inclusion in medical files.

Note: A memory screening is not used to diagnose any particular illness and does not replace consultation with a qualified physician or other healthcare professional.



*Spa & Salon*

Call your concierge to find out about this month's specials and make an appointment!



*The Marsh's Edge Wellness Program believes that regardless of age or condition, everyone's quality of life can improve. Everyone can live The Weller Life!*

  
**MARSH'S EDGE**  
ON ST. SIMONS ISLAND

**December 2017**  
**WELLNESS SCHEDULE**

**Call the Wellness Department at  
(912) 291-2039 with any questions.**