

HEALTH & WELLNESS



BLOOD PRESSURE

First 3 Tuesdays – Health Room
 1st, 3rd, & 5th (when applicable) Fridays – during Meal Program
 9:30 – 11:00 AM

Provider: Good Samaritan

BLOOD PRESSURE CLINIC



4th Tuesday – Health Room 9:30 AM – 11:00 AM

Provider: Synergy Homecare of South King County

Monitoring your blood pressure offers several benefits:

1. Help make an early diagnosis of high blood pressure.
2. Help track your treatment.
3. Encourage better control.
4. Cut your health care costs.
5. Check if your blood pressure is different outside the doctor's office.

BELLY DANCE CLASS

Wednesdays 9:30 – 11:00 AM

No Fee
 Instructor: Shelby Lohr

Featuring the Sa'Diyah Dancers

The Activity Center's very own "vintage" belly dancers! Belly Dance offers something for everyone! This low impact exercise offers body awareness, movement, and rhythm and is fun and friendly to all ages and body types. Drop-ins are always welcome!



CHAIR YOGA FOR SENIORS

Wednesdays 11:00 AM – 12:00 PM

Fee: \$5.00 per class payable to instructor
 Instructor: Barbara Ogolsky, PTA, LVCYT

Barbara is a Physical Therapist Assistant. Her class combines basic yoga postures, gentle stretching, breathing exercises and meditation. Please bring your own mat and remember to bring your bottle of water. If you are interested, please call the PAC at 841-5555 to register. Drop-ins always welcome.



FOOT CARE

Monday, January 5 & February 2 9:00 AM – 3:00 PM

Call 253-579-6000 for an appointment. Cost for this service is based on a sliding fee scale and is determined by and paid to the foot care specialists.

THE "HAPPY" EXERCISERS ALWAYS EXERCISE WITH A "SMILE!"

Monday, Wednesday, and Friday 7:30 – 8:30 AM

No Fee
 Creating new friendships is what this class is all about! Come and join the fun!

S.A.I.L. PROGRAM FUN WITH FITNESS

Tuesday and Thursday 8:00 – 9:00 AM

Fee: \$3.00
 Instructor: Sandy Gatlin

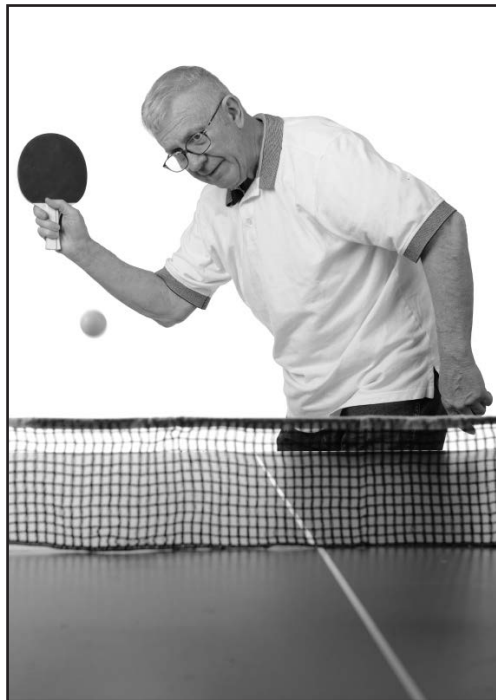
This Fitness class is a senior developed exercise program designed to improve balance and increase your overall fitness level, and is intended to help promote a healthier life style. Each class meets for one hour.

TAI CHI

Mondays and Thursdays 5:30 – 6:30 PM

Fee: Mondays \$20.00 per month
 Thursdays \$20.00 per month
 Instructor: Ronny Llanos

In China, and increasingly throughout the rest of the world, Tai Chi is recognized for its great powers in instilling and maintaining good health and fitness in people of all ages. Regular practice prevents the onset of illness, and can prove effective in the treatment of common ailments and debilitating conditions. As all Tai Chi exercises are practiced slowly, no oxygen debt builds up during practice so this art is suitable for many people who suffer chronic illnesses such as high blood pressure. Doing Tai Chi will benefit your cardiovascular system. It will also help prevent high blood pressure and arteriosclerosis. Sign up now at the Receptionists' desk to start improving your health and well-being! **Pre-registration and pre-payment are required.**



PING PONG/TABLE TENNIS

Tuesdays and Thursdays 10:45 AM – 2:00 PM

Build new memories at the Puyallup Activity Center with new friends, men and women. This great, low-impact exercise offers new equipment, lots of room for all who want to join, fun times, and lots of laughter. Drop in when you can; all-beginners and all-levels welcome. No fee; paddles and balls are furnished by the Center.

VIDEO EXERCISE CLASS

Monday, Wednesday, and Friday 9:00 – 10:00 AM

Has your “get up and go,” “got up and went?” Get moving and keep moving with a new video-led exercise class for seniors.

WEIGHT ROOM FACILITY

Monday – Friday 7:00 AM – 4:30 PM

Our weight room features 2 StarTrac treadmills, 2 Precor Recumbent Bikes, 2 Elliptical Machines, 2 Flat Benches, and light hand weights. Drop in anytime; no fees apply.

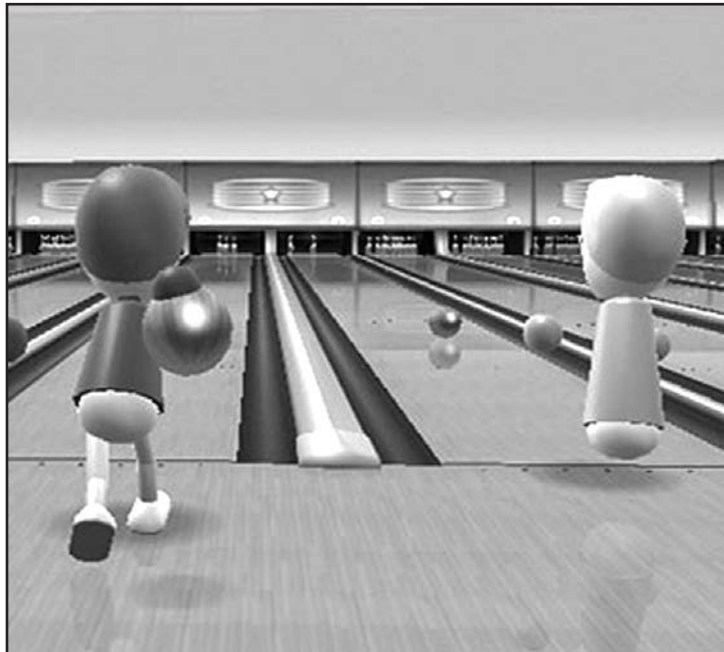
WEIGHT ROOM ORIENTATION

By Appointment Only

Designed for weight room beginners, this 30 minute orientation includes an overview of the cardiovascular and strength training equipment available in our weight room. Weight instruction is not included. Check in at the front desk before your scheduled time.



Call the front desk at 253-841-5555 for an appointment.



WII BOWLING

Fridays 10:30 AM – 12:30 PM

Wii Bowling strikes it big with seniors! Be adventurous and join the fun. We will learn together; no experience necessary.

