

SENIOR ADULT PROGRAMS FITNESS & WELLNESS



EXPERIENCE A BALANCED BLEND OF MENTAL, SOCIAL AND PHYSICAL WELLNESS!
 Email anns@fhprd.org to sign up for regular updates and the senior adult monthly newsletter.
GENERAL INFORMATION: 303-409-2264

SENIOR ADULT FITNESS & WELLNESS PASS OPTIONS

ACTIVE OPTIONS

AGES 62 & UP

ACTIVE OPTIONS – a nationally recognized fitness and wellness program known for its ongoing positive effect on the health and well-being of senior adults. This annual pass offers the same benefits as SilverSneakers®. Enroll at any of our facility Front Desks.

Annual Fee: \$270 (District Rate: \$235)

SILVERSNREAKERS®

SILVERSNREAKERS® – a nationwide insurance-based exercise program geared specifically for senior adults, accompanied with physical and social activities designed to improve your total body strength and encourage increased levels of activity. Check eligibility and enroll at the Peak Community & Wellness Center. Members of participating Medicare Supplemental Healthplans may be eligible. For more information, please call 303-409-2264.

ACTIVE OPTIONS OR SILVERSNREAKERS® PASS INCLUDES THE FOLLOWING:

- **Orientation to Senior Adult Programs**
Sign up at the Peak Front Desk or call 303-409-2100.
- **Fitness Assessment**
Call 303-409-2264 to schedule.
- **Discounts**
Offered for Group Registration Classes and Senior Adult Fitness Classes.
- **Drop-In Land & Aqua Fitness Classes**
See page 30.

FITNESS & WELLNESS CLASSES

N'BALANCE

This high quality effective fall prevention class achieves results! Participants enjoy practice exercises and movements to strengthen their core balance and to overcome the fear of falling.

Fee: \$30 (District Rate: \$25) 50% OFF for AO/SS Members

Discounts thanks to MorningStar Senior Living

SENIOR ADULT STRENGTH TRAINING

– BEGINNING OR CONTINUING

Group training class led by a personal trainer guides you through proper strength training techniques so you can improve muscular strength and endurance.

Fee: \$38 (District Rate: \$30) 50% OFF for AO/SS Members

SENIOR ADULT BASIC STRENGTH TRAINING ORIENTATIONS

Our one-hour introductory class to the weight room machines includes a basic resistance training program to get you started.

Fee: \$7 (District Rate: \$5)

ROAD MAP TO HELP IMPROVE CHRONIC CONDITIONS

COMMON CONDITION	SUGGESTED CLASSES
Osteoarthritis	Arthritis Foundation Aquatics Program, Therapy Pool Classes, SilverSneakers® MSROM, Senior Adult Strength Training, TaiChi
Fear of Falling	Tai Chi, N'Balance & other Fall Prevention classes, Yoga Stretch, Water Walking, Poolates, SilverSneakers® MSROM
High Blood Pressure	Splash Aerobics, Deep Water, Water Walking in the Current Channel, Pilates
Osteopenia/ Osteoporosis	Senior Adult Strength Training
Depression	Hiking Club, Zumba Gold, Whisperball™, Social Activities: Potlucks, Bridge, Game Day, Knitting Club
Incontinence	Pilates: Reformer, Matwork, Core Conditioning
Obesity	Personal Training, Group Exercise Classes, Aqua Fitness, Health & Wellness Talks

SENIOR ADULT PROGRAMS

BALANCE BASICS: NEW SERIES ON PREVENTING FALLS! (SPONSORED BY MORNINGSTAR SENIOR LIVING)

- SPECIAL FREE CLASS OFFERINGS
- DISCOUNTS & SCHOLARSHIPS AVAILABLE FOR BALANCE PROGRAMS
- SIGN UP FOR SENIOR ADULT NEWSLETTER FOR DETAILS.

DETAILS: 303-409-2264 OR WWW.IFOOTHILLS.ORG

SENIOR ADULT PROGRAMS ACTIVITIES/EVENTS/POTLUCKS

SENIOR ADULT SEASONAL EVENTS

- **11TH ANNUAL SENIOR ADULT OPEN HOUSE • FRI, OCT 7**
9:00am – 1:00pm at the Peak

Join us for this fun-filled day with resources for Senior Adults, balance and blood pressure testing and giveaways, entertainment and FREE lunch provided by our sponsors.

MUST RSVP to 303-409-2264 for FREE lunch!

- **LET'S CELEBRATE • THU, JAN 19, 2012**
12:30-2:00pm at Peak Community & Wellness Center
Join us and invite your friends to this senior adult luncheon celebrating our great facility and programs.
Fee: \$8 (District Rate: \$6) 50% OFF for AO/SS Members

- **VINO & VALENTINES • FRI, FEB 10, 2012**
7:00-9:00pm at Peak Community & Wellness Center
Celebration with light appetizers, wine samples and fun!
Fee: \$12 (District Rate: \$10)

EXCURSIONS

- **ELK BUGLING • FRI, SEP 9**
9:00am-7:00pm at Rocky Mountain National Park
Take in the beauty of the Park and listen to the sounds of the season.
Fee: \$36 (District Rate: \$28)

- **GEORGETOWN MARKET • SAT, DEC 3**
11:00am-5:00pm
Georgetown comes alive with Christmas traditions.
Fee: \$19 (District Rate: \$15)

- **ZOO LIGHTS • FRI, DEC 16**
5:30-9:00pm
Denver Zoo and city lights of Denver and Littleton
Fee: \$19 (District Rate: \$15)

- **BRECKENRIDGE SNOW SCULPTURES • FRI, JAN 27**
10:00am-5:00pm
Breath-taking sculptures in this international event.
Fee: \$28 (District Rate: \$21)

- **LUCK O' THE IRISH CASINO TRIP • THU, MAR 15**
11:00am-5:00pm
Fee: \$7 (District Rate: \$5)

CALL 303-409-2264 FOR MORE INFORMATION ABOUT EXCURSIONS.

SENIOR ADULT CLUBS

TAKE-A-HIKE CLUB (SEP-DEC) All Ages

Join our hike club for fun outdoor experiences alternating Fridays at 9:00am.

Fee: \$5 (District Rate: \$3)

WHISPERBALL™

Whisperball™ is similar to racquetball but is designed to slow the game down utilizing a special ball and modified rules.

Fee: \$18 (District Rate: \$15)

SENIOR ADULT ON-GOING SOCIAL ACTIVITIES

All are welcome to join Foothills friends for common interests and fun at Peak Community & Wellness Center! We offer times for patrons to get together in a variety of **FREE** opportunities listed below:

BRIDGE: An informal group of fellow players gets together two times per week.

- WED & FRI (1 – 4 p.m.)

HELPFUL HANDS KNITTING CLUB: Bring your own project (knitting, crocheting, needlepoint), supplies & a treat to share. The club meets every Friday and works on a community service project once per month.

- FRI (10:00 – 11:00am)

POTLUCKS & PRESENTATIONS: Monthly potlucks followed by presentations or activities. Bring your favorite dish for "Friends, Food & Fun".

- 2nd WED each month (12:30 – 2:00pm)

LOW VISION SUPPORT GROUP: Peer supported monthly group meetings with various speakers & topics.

- 2nd WED each month (10:30am)

SENIOR ADULT GAME TIME: Once a month bring your favorite game or enjoy the cards, board games or Wii provided for your entertainment.

- 1st TUE each month (10:00am – NOON)

HEALTH & WELLNESS TALKS: Achieve optimal wellness with monthly interactive presentations, workshops or special class offerings. Details: 303-409-2264.



ARTHRITIS FOUNDATION AQUATICS PROGRAM

Water Exercise Classes are for anyone with:

- Arthritis or related diseases
- Joint Pain
- Stiffness and/or limited range of motion.

Our certified instructors provide a fun, safe program using buoyancy of water to provide:

- Gentle resistance to build muscle strength
- Support for the joints to encourage free movement.

Participants can enjoy decreased pain, increased flexibility, better sleep, increased energy, improved outlook and better overall health.

Register for Group Exercise Classes or call 303-409-2264 for Personal Training Options.

GET THE LATEST FITNESS & WELLNESS UPDATES!

Email anns@fhprd.org to receive regular fitness updates.