


# The Club at Parkshore - March 2019

Sun Closed	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Our Parkinson's support group is free to all. Please join us March 13th.</p>		<p><b>1</b> 9:00-9:30 Strength &amp; Balance** <i>(intermediate)</i> (PRA) 9:45-10:25 Aqua Zumba** <i>(intermediate)</i> (PCP) 11:00-11:30 Actively Seated (COM) 1:00-1:45 Chair Yoga (CR)</p>	<p><b>2</b> 11:00-12:00 Arthritis Video (TR)</p>
<b>3</b> Closed	<p><b>4</b> 9:00-9:30 Strength &amp; Balance** <i>(intermediate)</i> (PRA) 9:45-10:30 Splash n' Shape (PCP) 10:30-11:00 Ai Chi (PCP) 11:00-11:30 Actively Seated (COM) 12:30-1:00 Balance Class (CR) 1:15-1:45 Dance Class (COM)</p>	<p><b>5</b> 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) 2:15-3:00 Mat Yoga (CR)</p>	<p><b>6</b> 9:00-9:30 Balance Class (PRA) 9:45-10:30 Splash n' Shape (PCP) 11:00-11:30 Actively Seated (COM) 2:30-3:00 Seated Dance (CR)</p>	<p><b>7</b> 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP)</p>	<p><b>8</b> 9:00-9:30 Strength &amp; Balance** <i>(intermediate)</i> (PRA) 9:45-10:25 Aqua Zumba** <i>(intermediate)</i> (PCP) 11:00-11:30 Actively Seated (COM) 1:00-1:45 Chair Yoga (CR)</p>	<p><b>9</b> 11:00-12:00 Arthritis Video (TR)</p>
<b>10</b> Closed	<p><b>11</b> 9:00-9:30 Strength &amp; Balance** <i>(intermediate)</i> (PRA) 9:45-10:30 Splash n' Shape (PCP) 10:30-11:00 Ai Chi (PCP) 11:00-11:30 Actively Seated (COM) 12:30-1:00 Balance Class (CR)</p>	<p><b>12</b> 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) 2:15-3:00 Mat Yoga (CR)</p>	<p><b>13</b> 9:00-9:30 Balance Class (PRA) 9:45-10:30 Splash n' Shape (PCP) 11:00-11:30 Actively Seated (COM) <b>1:00-2:00 Parkinson's Group (CR)</b> 2:30-3:00 Seated Dance (CR)</p>	<p><b>14</b> 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) 4:15-4:45 Dance class (COM)</p>	<p><b>15</b> 9:00-9:30 Strength &amp; Balance** <i>(intermediate)</i> (PRA) 9:45-10:25 Aqua Zumba** <i>(intermediate)</i> (PCP) <b>10:30 Water Volleyball (PCP)</b> 11:00-11:30 Actively Seated (COM) 1:00-1:45 Chair Yoga (CR)</p>	<p><b>16</b> 11:00-12:00 Arthritis Video (TR)</p>
<b>17</b> Closed	<p><b>18</b> 9:00-9:30 Strength &amp; Balance** <i>(intermediate)</i> (PRA) 9:45-10:30 Splash n' Shape (PCP) 10:30-11:00 Ai Chi (PCP) 11:00-11:30 Actively Seated (COM) 12:30-1:00 Balance Class (CR)</p>	<p><b>19</b> 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) 2:15-3:00 Mat Yoga (CR)</p>	<p><b>20</b> 9:00-9:30 Balance Class (PRA) 9:45-10:30 Splash n' Shape (PCP) 11:00-11:30 Actively Seated (COM)</p>	<p><b>21</b> 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) 4:15-4:45 Dance class (COM)</p>	<p><b>22</b> 9:00-9:30 Strength &amp; Balance** <i>(intermediate)</i> (PRA) 9:45-10:25 Aqua Zumba** <i>(intermediate)</i> (PCP) 11:00-11:30 Actively Seated (COM) 1:00-1:45 Chair Yoga (CR)</p>	<p><b>23</b> 11:00-12:00 Arthritis Video (TR)</p>
<b>24/31</b> Closed	<p><b>25</b> 9:00-9:30 Strength &amp; Balance (PRA) 9:45-10:30 Splash n' Shape (PCP) 10:30-11:00 Ai Chi (PCP) 11:00-11:30 Actively Seated (COM) 12:30-1:00 Balance Class (CR) 1:15-1:45 Dance Class (PR)</p>	<p><b>26</b> 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP) 2:15-3:00 Mat Yoga (CR)</p>	<p><b>27</b> 9:00-9:30 Balance Class (PRA) 9:45-10:30 Splash n' Shape (PCP) 11:00-11:30 Actively Seated (COM) 2:30-3:00 Seated Dance (CR)</p>	<p><b>28</b> 9:00-9:40 Movement Matters (CR) 9:45-10:30 Movement Matters (CR) 11:00-11:30 Actively Seated (COM) 1:15-2:00 Arthritis Pool Class (PCP)</p>	<p>29 9:00-9:30 Strength &amp; Balance** <i>(intermediate)</i> (PRA) 9:45-10:25 Aqua Zumba** <i>(intermediate)</i> (PCP) 11:00-11:30 Actively Seated (COM) 1:00-1:45 Chair Yoga (CR)</p>	<p>30 11:00-12:00 Arthritis Video (TR)</p>

**NOTE: \*\* (intermediate) - denotes intermediate level class - see reverse for details.**

**Parkshore Senior Community**  
 3663 Park Center Blvd  
 St. Louis Park MN 55416

**The Club hours:**  
 Monday– Thursday 8:00 am– 6:00 pm  
 Friday 8:00 am– 4:00 pm  
 Saturday 8:00 am– 12:00 pm  
 Sunday Closed



**The Club  
 at Parkshore  
 952-848-5840**

**Room Key**

<b>PC</b> -Park Club	Community Room, Garden Level
<b>PCP</b> -Park Club Pool	<b>D</b> -Dining room
<b>CR</b> -Apartments Card Room, Garden Level	<b>ATR</b> -Atrium
<b>TR</b> -Therapy Room	<b>TBA</b> -To Be Announced
<b>COM</b> -Assisted Living	<b>PRA</b> - Performance Room A

**Family Swim Schedule**

(unless otherwise noted)

<b>Monday-Thursday</b> 3:30-5:00 p.m.	<b>Friday</b> 2:00-3:30 p.m.
<b>Saturday</b> 10-11:30a.m.	



For the safety of your family and friends, an adult must be in the water while children are swimming. Participants of Family Swim are to be supervised by a Resident or Community Club member at all times. All participants need to respect the pool rules and other swimmers.

**Therapeutic Massage with Julie Ottis**

Nationally Certified in Therapeutic Massage and Body Work  
 (Tues & Thurs by appointment)  
 612-314-0025

**Park Nicollet Pool Therapy (by appointment)**  
 952-993-5900

**Room Change**

***As of February 1st: Due to class size, our balance classes at 9 a.m. on M,W,F have been moved to the Performance Room.***

**Class Descriptions:**

**Ai Chi: Mondays, 10:30-11:00 a.m., Park Club Pool**

Relax with a progression of sequenced moves using deep breathing and slow, flowing body movements. Similar to Tai Chi, but performed in shoulder-depth warm water.

**Actively Seated: Mondays, Tuesdays, Wednesdays, Fridays, 11:00-11:30 a.m., Community Room**

This seated class combines gentle stretching, range of motion, strength training, and seated cardio endurance exercises.

**Arthritis Exercise: Thursdays 11:00-11:30 a.m., Community Room**

Gentle seated class for those with or without arthritis. Benefits can last long after the exercises are finished.

**Arthritis Pool Exercise Class: Tuesdays, Thursdays, 1:15-2:00 p.m., Park Club Pool**

Perfect class for those who want to start an exercise program. The class consists of basic strength, flexibility, and range of motion. No swimming skills required.

**Balance Class: Mondays 12:30-1:00 p.m., Wednesdays 9:00-9:30 a.m., Performance Room A** Classes consist of basic balance training techniques to help reprogram and strengthen the body and mind connection.

**Chair Yoga: Fridays 1:00-1:45 p.m., Card Room**

Gentle stretching, strengthening, and relaxation postures adapted from traditional yoga.

**Dance Class:**

**Mondays, 1:15-1:45 pm Community Room., Seated Dance: Wednesdays, 2:30-3:00 p.m., Card Room**

Combining our familiar exercises with some of your favorite upbeat songs. Come try this new class!

**Mat Yoga: Tuesdays 2:15-3:00 p.m., Card Room**

Exercise both mind and body and melt away stress with gentle stretches, strengthening, and relaxation poses from traditional yoga. Must be able to get up and down from the floor independently.

**Movement Matters: Tuesdays and Thursday, 9:00-9:40 a.m., 9:45-10:30 a.m., Card Room**

This class consists of basic cardio, strength, flexibility, and range of motion exercises.

**Splash 'n Shape: Mondays and Wednesday, 9:45-10:30 a.m., Park Club Pool**

Splash 'n Shape features gentle range of motion and stretching exercises as well as balance and endurance work.

**Strength & Balance (intermediate level class): Mondays & Fridays, 9:00-9:30 a.m., Performance Room**

Challenge your balance and increase your strength through the use of dumbbells and body weight for a stronger, sturdier you!

**Aqua Zumba (intermediate level class): Fridays, 9:45-10:25 a.m., Park Club Pool**

Much like Water Aerobics, focuses is on cardio movements that get the heart rate up while dancing to music. Typical dance moves done at regular Zumba pace need to be exaggerated and slower in the water, so tempo is half as fast.