

Thursday, October 1: 1:30-5 p.m.

National Seniors Day

at The 55 Activity Centre

Join us at **The Squamish Chief's Ageless 55+ Seniors Expo!**

Discover our Fall programs and take a free tour of the Westwinds' fitness room and open gym. Drop by our booth to see how you can stay active and connected this season!

Join the
Seniors Skate
for FREE!
11:45-1 p.m.

FREE
20-minute
fitness class
schedule.

8:45 a.m.	Traditional Welcome by Squamish Nation Elder Alice Harry.
GREAT ROOM	
9:15 to 9:35 a.m.	Healthy Bones & Joints Resistance training using bodyweight, resistance bands, and dumbbells while sitting. These exercises help maintain bone and muscle strength, safely improve the range of motion in the joints, and help you reduce the risk of falls. This class is a good addition to the Re-Fit classes.
9:45 to 10:05 a.m.	Balanced Upper Body Exercises Aiming to reduce aches & pains and improve joint mobility with slow, low-impact movements including standing and seated.
10:15 to 10:35 a.m.	Hip/Knee Recovery Exercises Exercise is important after surgery to build strength and regain flexibility so that you can get back to normal daily activities. The goal is to increase range of movement with less stiffness; we use chairs, bars, resistance bands, small balls... and more. Participants must be a minimum of 3 months post-operation.
10:45 to 11:05 a.m.	Reduced Mobility Movements Aiming to reduce aches and pains with slow, low-impact movements and swinging actions including sitting and/or standing work. Gentle strengthening and mobilizing the whole body. Walker-users welcome.
11:15 to 11:35 a.m.	Tai Chi-inspired - Flow Soft and flowing movements designed to enhance balance, coordination and concentration. Each session begins with an easy warm up and deep breathing practice incorporating "easy to memorize" movements.
11:45 a.m. to 12:05p. m.	Tai Chi-inspired - Seated Soft and flowing movements designed to enhance balance, coordination and concentration while mostly seated. Each session begins with an easy warm up and deep breathing practice incorporating "easy to memorize" movements.
ENDS 12:15 p.m.	