

## **SENIOR WELLNESS PROGRAM**

This program is open to all Town and Village of New Hartford residents. It is designed to give seniors in our area an opportunity to become more physically fit while also giving them the opportunity to learn about new issues of health and wellness. Selections of different classes are available to approach senior wellness in a variety of ways. Any interested New Hartford senior should contact the New Hartford Adult Dining and Activity Center (724-8966) Monday - Friday 10am - 2pm to get started by making an appointment for a *Senior Wellness Fitness Evaluation Session*.

All new participants of the Senior Wellness Program must first start with this *Senior Wellness Fitness Evaluation Session*. This session is by appointment only. Appointment times are available on the 2nd and 4th Wednesday of each month at 10am, 10:30am, 11am, and 11:30am. The *Senior Wellness Fitness Evaluation Session* includes: a blood pressure screening, pulse check, healthy body weight screening based on body fat measurements, and a health questionnaire. Once this evaluation session has been completed, participation in any, or all, of the three *Senior Wellness Program classes is possible*.

### **Senior Wellness Program Classes:**

#### ***Low Impact Aerobic Activity Class***

Held at the New Hartford Adult Dining and Activity Center cafeteria on Mondays and Fridays from 11am to 11:45am. This class is designed to offer light aerobic exercise and toning in a group class set to music. Facilitated by fitness and aerobic instructors from the All-American Fitness Center. **FEE: \$1.00 per class.**

#### ***All American Fitness Center Workout Hours***

Held at the All-American Fitness Center on Tuesdays and Thursdays from 10 am to 12 noon. This class is designed to offer the opportunity to participate in cardiovascular and strengthening exercises using the equipment at the fitness center. Instruction and guidance provided by certified personal trainers and fitness instructors from the All-American Fitness Center. **Fee: \$1.00 for residents, \$2.00 for non-residents.**

**Yoga Class** - Mondays 9:30am - 10:30am & Wednesdays 10am - 11am, at the Senior Center. \$3.00 per class.

**Chair Yoga** - Wednesdays from 11:05 am to 11:45 am. \$2.00 per class.

## **NEW HARTFORD ADULT DINING ACTIVITIES**

**RSVP Senior Theater League** - Mondays at 1:00 p.m. For anyone interested in taking part in plays.

**Town of New Hartford Community Dance** for the over 50 crowd will be on Wednesday, August 12<sup>th</sup> from 5:30 pm to 8:30 pm at the New Hartford Senior Center. Come join the fun.

**Summer Mentoring Program** Open to all students grades 1- 6, help with reading & math. Program begins June 29th to July 29th. Monday, Tuesday and Wednesday 9:30 a.m. to 11:00 a.m. For more information call 724-8966.

**Ball Room Dancing** Thursdays 10:30 a.m. - 11:30 a.m. Taught by Gina & Luca Esposito. \$3.00 per class.