

**The Willows Presents
The 31st Annual
Senior Health & Fitness
Day**



May 29th 2024 Schedule

Please join us for the following events. Note that some activities overlap with others. It is up to you to decide which event you will attend. There is time to try everything.

9:00 - 9:20am	Sunrise Meditation	4th Floor Dining Room
9:00am – 1:00pm	Open Ping Pong	Activities West
9:00am – 1:00pm	Open Relaxation Room	4th Floor Dining Room
9:30 – 10:00am	Early Bird Walk & Stretch	Courtyard
10:00 – 10:30am	Talk about Fitness Apps	4th Floor Lounge
10:00am – 3:00pm	Open Outside Lawn Games	Courtyard
10:45 – 11:15am	Yoga & Balance	Community Room
11:00am – 12:00pm	Smoothie & Yogurt Parfait Bar	Courtyard (Weather permitting) Alt: CR Bar
11:00am - 1:00pm	Open Putting Green	2nd Floor Beaumont Connector Bridge
12:00 - 12:30pm	Lunch Break	
12:30 – 1:00 pm	Memory Game	4th Floor Lounge
1:00 – 2:00pm	Low Vision Talk Featuring Ben Golash from NE Low Vision Chapter	Community Room
2:00 – 3:00pm	Blood Pressure, O2, and Weight Clinic	VNA Room
2:00 – 3:00pm	Stress Ball Craft	Studio
3:00- 4:00pm	PT & OT Information Session with Salmon Home Care’s Harout Jorekjan	Community Room
4:00pm – 4:20pm	Sun Down Meditation	4th Floor Dining Room

NOTE: *For activities listed as open, residents may show up at any point in the time frame to participate. *Also please visit the library for Health & Fitness handouts and to see the new Health & Wellness section.