May is Older Americans Month!!

CONSIDER THE LIVING HEALTHY AT HOME PROGRAM

This no-cost program includes:
- A mailed tool kit containing a Living a Healthy Life with Chronic Conditions book, Relaxation for Mind and Body CD and an exercise CD
- One-hour weekly phone meetings with an instructor in small groups for six weeks

Register: Contact MaryLou White at agewell@ptrc.org, 336-497-5610 or fill out this interest form: https://forms.gle/FtqTcAfDL95p9zebA

A staff member will be in touch within 5 business days with more details and class time options.

PROGRAM TOPICS INCLUDE:
- NUTRITION
- EXERCISE
- MEDICATION USE
- COMMUNICATION
- AND MORE!
Exercises
Click on link for video

- Tai Chi for Body, Mind and Spirit with Sandy Seeber
  - Video One
  - Video Two
  - Video Three
  - Video Four

- Tai Chi for Arthritis and Fall Prevention with Mike Simpson and Students
  - Video One
  - Video Two

- Tai Chi for Older Adults with Misako Kay
  - Video One
  - Video Two

- Line Dancing with Brenda Holcomb
  - Video One

- Chair Yoga for Beginners and Seniors
- Gentle Mat Yoga
- 30 Minute Standing Pilates
- Low Impact Cardio Workout
- Stretches for Seniors
- Yoga Poses for Better Balance
- Zumba Gold
- Zumba Gold #2
- Workout at Home
- Walk Indoors
- 4 Exercises You Should Do Everyday
- Make sure you stay safe during exercise and physical activity
- Protect Your Back Before You Wreck Your Back with Dr. Sarvar
Information

- Gardening Hacks
- Food and Nutrition Tips During Self-Quarantine
- Food Planning During Self-Quarantine
- Make Your Own Hand Sanitizer
- How to Make Your Own Disinfectant Solution
- Cleaning and Disinfecting Your Home
- How to Make a Mask without a Sewing Machine
- How to Clean Homemade Face Masks

Fun Stuff

- MeTV
- 12 Virtual Museum Tours
- Virtual Tours
- Take a Flight Over the Linville Gorge
- 25 Cultural Podcasts
- Free Audiobooks
- What Happened During Your Birth Year?
- Bridge
- 100 Awesome Anti-Aging Brain Games
- Online Classes at the Shepherd’s Center Webster-Kirkwood
- Check out our awesome Volunteer Appreciation video made by Vicki Poore

Relaxation

- Relaxing Music Video
- Relaxing Music Video 2
- Meditation Video
Contact: Kristin Larson
Vital Living Program Director
klarson@shepherdscenter.org

Contact: Fay Bustos
Vital Living Program Assistant
abustos@shepherdscenter.org

Vital Living Program

Fees for Activities

Line Dancing For Fun & Fitness ($)
$5 per class
Monday, Tuesday and Thursday

Tai Chi & Yoga
Recommended donation $2 per class

3 Treasures Tai Chi ($) Wednesday

Tai Chi for Memory ($) T & Th
$4 per one hour class for members
$5 per one hour class for non members
Call Sandy Seeber to register at
336-409-8591

Warm Water Exercise ($)
Unlimited Classes: any # per week
$25 per month for members
$30 per month for non members
One Class Per Week
$12 per month for members
$15 per month for non members

Shepherd’s Center Membership
$25 minimum annual donation
Classes are no cost unless marked by a ($)
First class is free

Quarantine Photo Challenge

Send pictures of yourself doing as many of these things as you can to me at klarson@shepherdscenter.org. I will use the photos to make a fun video.

- What’s for dinner
- Riding a bike
- Watching your favorite TV show
- Holding a worm
- Sniffing a flower
- Pose with your pet
- Making a funny face
- Wearing a costume
- Covered in mud
- Ice cream all over your face
- Make the first letter of your name with your fingers
- In a hammock
- Wearing a tinfoil hat
- In a mirror
- Blowing a dandelion
- Behind bars
- On exercise equipment
- Eating a taco
- Sucking your thumb
- Dressed as a princess
- Reading your favorite book
- Putting in the last piece of a puzzle