

Fitness & Wellness Day at Seabury

200 Seabury Drive, Bloomfield

15TH ANNIVERSARY CELEBRATION

ADULTS 55 & OLDER

Wednesday, June 4, 2008

NO ADMISSION CHARGE

LIMITED SPACE - R.S.V.P. REQUIRED BY MAY 27, 2008
Call (860) 243-6021 or Email annwinship@seaburyretirement.com

9:30 – 10:15 AM SESSION A

- **“Wine and Cheese Are Not The Only Things That Age Well”** – Speaker: Patrick Coll, M.D., Medical Director, Seabury, Associate Director Center on Aging, UCONN Health Center. Age Successfully – learn how to maintain future independence and to stay active well into your eighties and nineties.
- ▲ **AquaDANCE** – This high energy class provides a great cardiovascular routine as well as flexibility and toning exercises using aquatic dumbbells, kickboards, noodles or just your body! You will learn a series of moves that by the end of class will have you dancing in the water.
- ▶ **Steppin’ Out (And Up!)** – This class provides a challenging cardiovascular dance routine using a four-inch high platform. Agility, strength, and coordination (important components in maintaining balance) are the main focus – done to the beat of the “Golden Oldies.”

10:30 – 11:15 AM SESSION B

- **Daily Dose of Healthy Eating for Healthy Living** – Presenter: Deborah Downs, RD, CD-N. What does healthy eating mean, and how will it affect my life now and in the future? What is portion distortion? Come with questions, Deborah will answer them.
- **Chinese Brush Painting** – Presenter: Rick Stanton, Art Instructor. Learn how to paint fish and fowl using Chinese brushes – No art experience needed. Materials provided. Back by popular demand.
- **Seabury At Home** – Presenters: Pamela B. Klapproth, MBA, NHA, VP, Community Outreach Services and Renée J. Bernasconi, CMP, VP, Marketing & Communications, Seabury. Learn about a new and innovative program, “Continuing Care Retirement Community Without Walls,” that offers comprehensive services and future care in your own home. This program is geared to active adults 55 & older.
- **Getting Ready to Get Ready to Move** – Presenters: Liz Talbot/Talbot Group and Lisa Barall-Matt/Remax – How to stage your home for best price. Understanding the current real estate market in the Hartford area.
- ▶ **Stability Ball** – The focus of this class is fall prevention. Using a stability ball improves agility, strength and coordination – key factors in balance.
- ▶ **Yogalates** – Fundamentals from both Yoga and Pilates are used in this class. By incorporating the two disciplines, you will get a full body strengthening session using all the major muscle groups, as well as work on flexibility, balance, and breathing.

Tours of Seabury Register at Seabury on June 4th for a tour of selected cottages and/or apartments.

11:30 – 12:15 PM SESSION C

- **“Genetics of Cancer Prevention for Men and Women”** – Speaker: Molly Brewer, M.D.–Associate Professor, Department of Obstetrics and Gynecology, Director of Women’s Cancer Prevention Program, UCONN Health Center. Education for men and women on hereditary risks of developing reproductive cancer – prevention, diagnosis and treatment.
- ▶ **Power Pilates** – This class is done using a mat or a chair. The focus is on core strength. Most of the attention is paid to the abdominal and lower back muscles with emphasis on flexibility and strength.
- ▶ **Beautiful Bones** – This class is specifically designed to improve your strength and range of motion. The exercises are beneficial for those with osteoporosis and target muscles in the hips, spine and arms.

12:30 – 1:45 PM LUNCH AND LEARN

- **“The Power of Strong Bones and Strong Spirit for Successful Aging”** – Speaker: James Judge, M.D., Associate Clinical Professor of Medicine, UCONN (Specialty Geriatrics). Has done extensive research on the importance of keeping older adults strong, increasing bone mineral density, and preventing falls.

The charge for lunch is \$8.75 - R.S.V.P. by May 27th, check must be received by June 2nd.

2:00 – 2:45 PM SESSION D

- **“Bone Health Prevention - Latest in Dental Implants”** – Speaker: David Shafer, DMD, Associate Professor and Chair Division of Oral and Maxillofacial Surgery at UCONN Health Center. Learn what dental implants are and the relationship between oral health, bone health, and factors that must be considered when contemplating dental implant therapy.
- ▶ **Equilibrium** – The goal of this class is to develop a better sense of balance. It will help you develop a stronger mind/body connection, an important skill in fall prevention. Practical applications will provide you with skills needed to prevent a fall, as well as skills needed in the event of a fall.
- ▶ **Dancercise** – Mambo, Cha Cha, Swing and more! This class provides you with a great cardiovascular dance routine, entirely low impact. By the end of class you will be “performing” a routine to the tune of some of your favorite songs.

3:00 – 3:45 PM SESSION E

- **A Balanced Approach to your Health** – Speakers: Jane Walker, M.D. and Kathleen Mueller, M.D. Every person possesses a miraculous ability to heal both the body and spirit. While traditional Western medicine has many powerful tools to its credit, we seek to educate and empower patients to discover their innate ability to heal themselves, and live healthier, happier lives.
- **Exercise Your Mind** – Presenter: Barbara Klau, M.S. – Barbara will introduce brain fitness exercises and memory retention techniques that will give participants a greater sense of control and empowerment as they age.
- **The Healing Power of Music** – Presenter: Henry Millan, Jr., D.Min. – He has founded and assisted in the development of Pastoral Counseling Centers in the Hartford area. How music is used as a healing power.
- **Laughter Yoga** – Presenters: Cindy Harrigan, Dir. of Resident Services, and Heather Stanton, Activities Coordinator, Seabury. Laughter is the best medicine! It is scientifically proven to be anti-aging, reduce stress, help control blood pressure, minimize pain, increase energy, and give your immune system a boost. Your Laughter “Yogis” have been certified by the Oxy Genesis Institute for Abundant Health.
- ▲ **AQUALibrium** – Develop a better sense of balance is the goal in this class. Using the buoyancy of water, you will perform leg exercises and weight shifts. Strengthening and increasing flexibility in the hips, legs, and ankles, all crucial for balance, will be a focus.
- ▶ **Tai Chi** – Based on the ancient Chinese system, you will work on very slow and controlled weight shifts, breathing, and meditation. Balance work is naturally a part of Tai Chi, making it ideal for fall prevention.

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NOTES

- ▲ **Pool Classes** – No swimming ability required (head will remain above water); bring bathing suit/towel; locker rooms/showers available
- ▶ **Fitness Programs/Classes** – Bring comfortable clothes and sneakers; locker rooms available
- ▶ **Fitness Classes** – presented by Seabury Fitness Specialists

Event Parking – at Beth Hillel – shuttle service to Seabury provided

Acknowledgement: Appreciation to the Carole and Ray Neag Comprehensive Cancer Center - Women’s Cancer Prevention Program, the Center for Implant and Reconstructive Dentistry, the Department of Nutrition, and Celebrate Women® Program at UConn Health Center for their assistance with today’s event.

R.S.V.P. (REQUIRED) FOR EVENT BY MAY 27, 2008

- Call Ann Winship at (860) 243-6021 or email annwinship@seaburyretirement.com
- For luncheon reservations, include your meal choice (see reverse side)
- Check for lunch (\$8.75) must be received by June 3rd and sent to:
Seabury, 200 Seabury Drive, Bloomfield, CT 06002 Attention: Ann Winship



Join us

for a Gourmet Luncheon and Learn with Dr. James Judge

MENU:

- Cold cucumber soup with hints of dill and celery
- Salad of young field greens garnished with green grapes, cherry tomatoes and avocado and offered w/choicer of house-made champagne honey vinaigrette or house-made balsamic vinaigrette.

This gourmet salad is topped with choice of:

Montreal dusted salmon

or

Free range chicken with rosemary and sage

or

Sesame grilled tofu with sunflower seeds and dried cranberries over the young field greens

Warm multigrain bread and garlic parmesan breadsticks will accompany the salads

- Dessert – fresh raspberries over chocolate almond mousse topped with shaved white chocolate and Godiva liqueur infused with fresh whipped cream.
- Coffee, hazelnut decaf, ice tea, lemonade and ice water