

## *New Fitness Classes, and new times for old favorites*

### NEW YOGA CLASSES:

#### **EARLY RISERS YOGA**

Monday's 7-8 am

Instructors: Bob Bruce-Kripalu Yoga Certified ;  
Maggie Hogan – Registered  
Yoga Trainer

#### **CLASSICAL YOGA**

Thursday's 5:45-6:45 pm

Instructors: Bob Bruce-Kripalu Yoga Certified

#### **BODY WAKEUP**

8-9 am Friday's

Instructors: Maggie Hogan -  
Registered Yoga Trainer; Katie  
Milbrett-Yoga Trainer–Seva  
Yoga School, Bristol England

### NEW DANCE & AEROBIC CLASSES:

#### **COUNTRY LINE DANCE**

Tuesday's 9:30-10:15 am

Leader: Elsie Forsythe

#### **ZUMBA GOLD (Latin)**

Wednesday's 9:30-10:15

Instructor: Denise Thompson,  
NETA Group Fitness, Zumba  
Gold, Degree in Senior Health  
& Fitness

#### **MOVE & GROOVE (1950's, 60's,& other)**

Thursday's 9:30 am

Instructor: Jan Otteson –

NETA Fitness Instructor,  
Active Senior Fitness Instruc-  
tor

#### **MOVE & GROOVE**

(1950's, 60's, & other)

Monday's 5:15-6:00 pm

Instructor: Jan Otteson –  
NETA Fitness Instructor

### NEW STRENGTH CLASS

#### **STUDIO STRENGTH**

(For early risers!)

Tuesday's 7-8 am

Instructor- Don Forsberg,  
ACE Personal Trainer

### NEW PILATES CLASSES:

#### **PILATES FUSION**

Monday's 1:30-2:15

Instructor: Jan Otteson –  
NETA Fitness Instructor

#### **PILATES (Mat & Toys)**

Wednesday's 7-7:45 pm

Instructor: Cathy Flicek –  
ACE Personal Trainer & Fit-  
ness Instructor; Stott Mat Pi-  
lates

All of these are on-going  
classes. For more informa-  
tion, inquire at the Front  
Desk, or Contact Gale Mar-  
chand, 664-3702.

### *Senior Center Staff*

**Director** 664-3701

Lynne Pederson

**Asst. Director** 664-3708

Patsy Dew

#### **Bookkeeper**

Kathy Bjerke

#### **Membership Coordinator**

Jackie Johnson 664-3704

#### **Fitness Coordinator**

Gale Marchand 664-3702

#### **Administrative Coordinator**

Nancy McDougall 664-3703

#### **Dining Site Manager**

Regine Prenzel-Guthrie 664-3735

#### **Administrative Assistant**

Karen Holz 664-3707

#### **Evening/Weekend** 664-3700

Pearl Arndt, Gene Finger,  
Janice Kasa, Ruth Johnson-Wirth,  
Pat Sunquist, Bev Lubbers

#### **Used A Bit Shoppe** 645-1399

Kristi Casson

### *Senior Center Lobby Hours*

Mon—Fri 7 am—8 pm

Saturday 7 am—4 pm

### *Fitness Center and Pool Hours*

Mon—Fri 6 am—8 pm

Saturday 6 am—4 pm

### *Used A Bit Shoppe Hours*

Mondays 10 am—5 pm

Tuesdays 10 am—5 pm

Wednesdays 10 am—5 pm

Thursdays 10 am—7 pm

Fridays 10 am—5 pm

Saturdays 10 am—5 pm

**Mission:** To encourage area seniors to pursue active, meaningful, and healthy lives, to invite seniors to share their talents and interests; and to offer services, information, social, intellectual and wellness opportunities.

## PING PONG



## *What Ping Pong has Meant to Me by Don Diehl*

After retiring from a 40-year career in seed sales, I started playing table tennis at the Senior Center in the early fall of 2008. Since then this sport has provided many opportunities - up to four times a week - to meet new people, to learn more about the game through the

interaction with different players with varied skills, to improve my own skills in the game, plus a chance to get a whole lot of FUN exercise that I would not get in mowing the lawn with a riding mower!!! After soccer, table tennis is the world's second most

popular participatory sport. Anyone can play at some level. Equipment costs are minimal. Hand-eye coordination can improve with playing the game. The game can be played rain or shine, hot or cold, day or night.

We have 4 time slots [for  
(cont on back pg)

## *Ping Pong Lessons*

Table Tennis is a "fast" sport and yet accommodates all ages. Come for 1 hour of instruction, play and learning. The instructor is skilled at leading a group of varying abilities through the basics of Table Tennis Play. Through playing ping pong you can develop agility, eye hand coordination, health

and wellness in a FUN, friendly environment. Come, see why NSC supports 8 hrs/week of Open Ping Pong Play. Once you get started you will love it!

Instructor: Patrick McKown - former President of Texas A&M's Table Tennis Association, the Islanders,

trained as a coach under Dr Amir Hormozi of Texas A & M. Patrick played at the 2007 US Nationals.

Thurs, 7-8pm

Session 1 - Sept 16 - Oct 21

Session 2 - Oct 28 - Dec 9

Fee per session:

\$42m/\$55nm

Codes: Session 1 - 1040

Session 2 - 1041

## *Healthy Expression Series*

### Self Massage

Sept 29 10-11:30 am

Code: 1047

### Mindfulness – Nurturing the Body

Oct 20 10-11:30a

Code: 1048

### Essential Oils

November 17

10-11:30 am

Code: 1049

All taught by Sigrid Londo, Licensed Massage Therapist, RYT



## *Better Breathers Club*

Wednesday, September 15  
1:30-3:30 pm

Offering a new educational and support group for persons with chronic lung disease, Organized by the American Lung Association, & co-sponsored locally by

the Center, & Lincare called the Better Breathers Club. Speakers include: Stacey Zell Respiratory Therapist of Northfield Hospital. Free

## Food is Medicine Series

This class is a great inspiration to take charge of our health and transform our lives, to look and feel better and have more energy! Rx in the kitchen: Learn to love food again, learn the disease prevention aspects of a variety of foods and eating techniques, as well as the full health and wellness just waiting for us in the produce aisle.

Class includes tasty samples & recipes.

Session 1: Tuesdays, 10:30-

11:30 am  
Sept 14, 21, 28, Oct 12, 19, 26

Week 1: Food and Diabetes Prevention/Control  
Week 2: Food and Cholesterol Control  
Week 3: Food and Blood Pressure Control  
Week 4: Food and Arthritis/Inflammatory Control  
Week 5: Food and Cancer Prevention  
Week 6: Food and Weight Control

Presented by Louanne

Kaupa, M.S., Registered Dietician, Licensed Nutritionist, Owner of Eat Well Nutrition Therapy

Session 1 - Fee: \$42m  
\$54nm Plat, SS \$12 fee for food samples  
Fee: individual class dates:  
\$7 m \$9 nm Plat, SS \$2  
Code: 1046

Session 2: Nov 9, 16, 23, 30 (mini-session) - topics will be announced in September Newsletter



"Let your food be your medicine and your medicine be your food" - Hippocrates  
460 - 359 BC

## Organic and Local Food: Why Does it Matter?

September 15, 11-11:50am  
Room 106

Organic and local are hot buzzwords these days. What exactly do they mean? What are the benefits to buying according to these standards? Is there a downside?

How might organic and local food affect your shopping or your health? *Join Mary Upham, Outreach and Education Coordinator for Just Food Co-op, to find out the answers to these questions and more and get the low*

down on why it might make a difference for you, your family, and the local economy.

No fee  
Sign up with Receptionist

## Better Balance Workshop (Fall Prevention)

Mondays, 12:30 - 1:15pm  
Sept 13, 20, 27, Oct 4, 11, 18

Do you want better balance? Are you at high risk of falling or of breaking bones from falls? Learn specific exercise techniques that are proven to reduce the risk of falls, improve

range of movement and balance, and increase strength and stability. Former Matter of Balance participants will love this!

Instructor: Kitty Runzheimer, ACE Certified Trainer, Senior Fitness Specialist

SESSION ONLY. Must Pre register. Class requires a minimum of 5 to run. Registrants should make arrangements to make every class date.

Fee: \$36.00 m, \$48.00nm  
PL – free but must register  
Code: 1123