VIRTUAL OFFERINGS

**Strength, Balance & Flexibility**
Every Monday, Wednesday & Friday from 10-11 am
Cost: Free, as always. However, donations would be much appreciated.
Based on Arthritis Foundation Principles, this chair exercise class is designed to develop basic strength, balance, and flexibility for beginners. It is a great starting point for those who have been inactive for a long period of time, and/or those who would like to progress into one of our other movement classes (balance, low-impact dance, yoga, tai chi). Instructed by our Health & Wellness Coordinator Kris Campbell. To join Kris live, use this link around 9:55 on Mondays, Wednesdays and Fridays: [https://zoom.us/j/432635829](https://zoom.us/j/432635829) with the password 123.
Previously recorded sessions can be found on our website at: [www.area10agency.org/endwright](http://www.area10agency.org/endwright)

**Fitness Consultations — By Appointment**
Stuck at home? Having a hard time staying active and maintaining or improving your fitness/health? Are you getting all the cardio-respiratory, strength, and flexibility exercise you need? What about your balance, is it going down hill? Our Health & Wellness Coordinator, Kris Campbell, will be available on Mondays, Wednesdays, and Fridays on Zoom for individual workout consultations. She can help you in your efforts to stay fit during this time of being ordered to stay at home. Join in to ask questions, update your workout, and be encouraged. Bring along resistance bands or dumbbells if have concerns about performing exercises correctly. Call 812-272-4808 or email kcampbell@area10agency.org to register.

**Gentle Floor Yoga**
Every Monday, Wednesday, & Friday  9-10 am
Monthly Cost - 2 options
$35 for 3 sessions per week (12 sessions)
$20 for 1 session per week
Let go of stress and experience the peace that comes with gentle stretching and breathing exercises. Yoga is proven to increase muscle tone, balance, strength, and improved moods. Any and all ability levels are welcome to experience floor yoga. You’ll experience the healing, calming and physical benefits that result from the practice of yoga in the comfort of your own home. You will also have access to the video recordings of each session for the entire month. Instructors: Sarah Peters teaches Mondays & Fridays, and Michelle McVicker teaches Wednesdays. Session dates: 9/2-9/30.

**Chair Yoga — Every Tuesday from 10-11 am**
Monthly Cost: $25 (5 sessions)
Let go of stress and experience the peace that comes with gentle stretching and breathing exercises. Almost any traditional yoga pose can be adapted to accommodate all mobility levels sitting in or standing behind a chair. This form is proven to increase range of motion and incorporate breathing exercises that assist in reducing anxiety, and creating spatial awareness. You will also have access to the video recordings of each session for the entire month. Instructed by Michelle McVicker. Class dates are 9/1-9/29.
Virtual Acoustic Strings for Beginners & Intermediate
Monthly Cost: $20
Beginners meet every Monday from 1-2 pm
Intermediate meets every Wednesday from 2-3 pm

Have a guitar or mandolin at home that needs dusted off? Love to sing along while you play? Join Nathan Dillon, of Everybody Rocks!, as he walks you through the basics of playing your instrument while you learn to play old familiar songs as well as new ones.

For the more experienced artists, Nathan will cover music theory and teach jazz chords. These classes are typically only available at the main Endwright Center, but we are excited to be able to offer this class as a virtual option to our East members. You will also have access to the video recordings of each session for the entire month. Take these two classes with Virtual Rock Band to receive a discount.

Virtual Watercolor Painting
September 8th and 22nd at 1 pm
Monthly Cost: $15 ($10 for one session)

Learn about using different techniques to paint the way you want to paint. There will be sharing and positive critiques each session. There are no mistakes! We will learn and practice new skills each session. Materials are included or you are welcome to use your own. Instructed by Leslie Asher.

Sing for Joy! Dementia-Friendly Community Choir
Every Wednesday from 2:45-4 pm
Bloomington’s senior community choir SING FOR JOY! is ZOOMING. During this time of social distancing it is more important than ever to provide a musical format for people to keep singing, enriching the mind, body, and spirit.

To join live, follow this link at 2:45 on Wednesdays: https://iu.zoom.us/j/91389772733
For additional info, music, and lyrics email sandrarfreund@gmail.com or call 812-332-9548.

Virtual Rock Band-Every Thursday from 1-2 pm
Monthly Cost: $20 or ($35 with Strings registration)

Grab your electric guitar or set up Zoom in front of the drum set your kids left in the garage and learn to ROCK OUT with the Endwright Rockers! From Classic songs by The Beatles to newer songs by The Alabama Shakes, we ROCK at your own pace. Come join a supportive musical environment. Instructed by Nathan Dillon of Everybody Rocks! This class is typically only available at the main Endwright Center, but we are excited to be able to offer this class as a virtual option to our East members. You will also have access to the recordings of each session for the entire month.

Balance @ Home
September 9th from 12:00 to 1:30 pm
Cost: Free!
September is Falls Prevention Awareness Month. Join our virtual seminar to learn why we have issues with balance as we age and some simple things we can do at home to reduce our chances of having falls. Learn an exercise routine that can be done at home, incorporating movements for muscle/joint strength and flexibility, which are very important in preventing falls, and also getting back up from a fall. We will cover basic fall prevention safety, and also demonstrate how to get up from a fall safely on your own.

Virtual Social Hours– Trivia
September 11th and 25th at 12 pm
This is a great time to socialize and show off your knowledge of random facts with staff and other members. This month’s winner will earn a prize!

To join, follow this link:
https://us02web.zoom.us/j/95633909324?pwd=ZkgzWEtwQWNWY1h6eitWSmtXWXRZz09
with the password 111.

Strength Training: Living Room Edition
September 15th from 11:30-12:30

Strength training is vital for good health as we age and it helps us maintain our ability to do everyday tasks and therefore stay independent. It is also helpful with maintaining a healthy weight. Learn the basics of strength training, and learn a routine you can do at home using bands and/or hand weights. Our Health & Wellness Coordinator, Kris Campbell, has an MA in Exercise Physiology and over 30 years in the fields of fitness and wellness.
IN-PERSON OFFERINGS

Nustep Access
Mondays, Wednesdays & Fridays from 8:30-11:30am
Call 812-272-4808 or email us to reserve a 30 minute slot to use our Nustep recumbent bikes. Bikes are parked outdoors in a shaded corner of Area 10’s parking lot so please bring a water bottle to stay hydrated.

Ping-Pong
Mondays & Wednesdays from 9:30-11:30 am
Free and open to all. Come and enjoy playing table tennis, also known as ping pong. This will take place outdoors in Area 10’s parking lot so please bring a water bottle. Masks required to play doubles. Equipment is available but bringing your own paddle is recommended.

Mall Walking Club  Tuesdays at 12:30 pm
Free and open to all. Join our Health & Wellness Coordinator Kris Campbell and others in walking laps around College Mall. Walking will start outside of Endwright East Active Living Community Center. Walk as much or as little as you’d like.

Moves & Grooves Dance Fitness
When: Mondays & Thursdays at 9:30 am.
Monthly Cost: $15 for one session/wk; $25 for two sessions/wk.
Come and get your groove on for this dance-based, cardio class designed for the active older adult. Featuring easy, low-impact movements incorporating dance steps that everyone can do and music from every decade. Class will be held outdoors in a shaded area of Area 10’s parking lot. Instructed by Katrina Ladwig.

Tai Chi in Nature
Tuesdays at 9:30 am  Monthly cost: $15
Practicing Tai Chi triggers numerous health benefits, such as reduced heart rate and blood pressure, deeper sleep, and reduced anxiety and mental clarity. These are only a few of the positive health benefits of this exercise program. Sessions will be held outdoors under a shelter at RCA Park. Facilitated by Linda Gast.

Endwright Cycling Club –Sept. 8th and 22nd at 9 am
Free and open to all. Join Endwright staff and other community members for social distance-friendly bike rides exploring local parks and trails every other Thursday. We will be riding the Limestone Trail and the NW YMCA Trail this month. Email Kris Campbell if interested and she will let you know where to meet.

Walking for Health
August 20th and 27th at 9 am
Free and open to all. Join Endwright staff and other community members for social distance-friendly walks exploring local parks and trails every Thursday. Email Kris Campbell if interested and she will let you know where to meet.

Kayaking & Canoeing @ Griffy Lake
September 24th at 10:30 am Cost: TBD
Join Endwright Staff and other members as explore the calm waters of Griffy Lake. First-times are welcome. Email Kris Campbell to register and receive details on rental costs.

Immunization Clinic @ Area 10  Agency
September 28th from 9:30 to 11:30 am
We are partnering with CVS to make receiving your annual vaccinations a lot simpler this year. Give us a call or email to reserve your spot to be immunized for: influenza, pneumonia, and/or shingles. Medicare Part B covers the flu and pneumonia vaccines; Part D partially covers the shingles vaccine.

To register or to receive more information on any of the listed activities, call the Endwright cell at 812-272-4808. Or email Endwright Staff directly.

Activities & Programming Manager, Na’Kia Jones, njones@area10agency.org
Health & Wellness Coordinator, Kris Campbell, kcampbell@area10agency.org
Endwright East Active Living Community Center is a program of Area 10 Agency on Aging, a partnership with the City of Bloomington Parks & Recreation Department, and in collaboration with IU Health Bloomington Alzheimer’s Resource Services.