

### Tuesday 1

9:00 Healthy Hands  
9:30 Functional  
Strength  
10:00 Tai Chi

### Wednesday 2

9:00 Stretch  
9:30 Sit and Get Fit  
10:30 Cardio Drums

### Thursday 3

9:00 Sit and get Fit  
9:30 Balance  
10:00 Tai Chi  
11:00 Line Dancing

### Friday 4

9:00 Stretch  
9:30 Functional  
Strength  
10:00 Meadow Walk

### Monday 7

\* HAPPY \*

**LABOR**  
**DAY**

### Tuesday 8

9:00 Healthy Hands  
9:30 Functional  
Strength  
10:00 Tai Chi  
10:30 TIE DYE

### Wednesday 9

9:00 Stretch  
9:30 Sit and Get Fit  
10:30 Cardio Drums

### Thursday 10

9:00 Sit and get Fit  
9:30 Balance  
10:00 Tai Chi  
11:00 Line Dancing

### Friday 11

9:00 Stretch  
9:30 Functional  
Strength  
10:00 Little Cubs  
Field/Scenic Drive



### Monday 14

9:00 Stretch  
9:30 Sit and Get Fit  
10:00 Balance

### Tuesday 15

9:00 Healthy Hands  
9:30 Functional  
Strength  
10:00 Tai Chi  
10:30 Beginners  
Strength

### Wednesday 16

No Stretch Class  
9:30 Resident  
Council

### Thursday 17

MPR

9:00 Sit and get Fit  
9:30 Balance

### Friday 18

9:00 Stretch  
9:30 Functional  
Strength  
10:00 Shuffle Board

### Monday 21

9:00 Stretch  
9:30 Sit and Get Fit  
10:00 Balance

### Tuesday 22

9:00 Healthy Hands  
9:30 Functional  
Strength  
10:00 Tai Chi  
10:30 Beginners  
Strength

### Wednesday 23

9:00 Stretch  
9:30 Sit and Get Fit  
10:30 Cardio Drums

### Thursday 24

MPR

9:00 Sit and get Fit  
9:30 Balance  
10:00 Tai Chi

### Friday 25

*Sock Hop*

*11:00 Dancing*

*11:30 Lunch*



### Monday 28

9:00 Stretch  
9:30 Sit and Get Fit  
10:00 Balance

### Tuesday 29

9:00 Healthy Hands  
9:30 Functional  
Strength  
10:00 Tai Chi  
10:30 Beginners  
Strength

### Wednesday 30

9:00 Stretch  
9:30 Sit and Get Fit  
10:30 Cardio Drums

# September 2026

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## An Apple a Day...

Apples are rich in fiber and polyphenols, plant compounds that may help lower your chance of heart disease, type 2 diabetes, and some cancers.

Eating apples may support weight loss, gut health, and brain health. The fiber pectin acts as a prebiotic, feeding beneficial gut bacteria.

Apples contain quercetin, an antioxidant found mostly in the skin that may help regulate your immune system and protect your brain from oxidative stress.

All this in an inexpensive, tasty treat. ❤️

CLASSES WILL BE HELD IN  
THE DICK & PAT NYQUIST  
FAMILY CHAPEL

\*PLEASE CHECK YOUR  
MEADOWS MOMENTS FOR  
ANY CHANGES.

## Fitness Descriptions



### HEALTHY HANDS

A therapeutic class designed for the hands to build strength, increase mobility, flexibility and teach self massage methods. This class will benefit those with arthritis and helps prolong healthy hands.

### SIT & GET FIT

Full body exercises using resistance bands to increase movement and build muscles. All of the exercises are performed while seated comfortably in a chair.

### STRETCH

A chair based, full-body stretch class geared towards loosening stiff muscles and increasing range of motion.

### BALANCE

A variety of exercises that mimic everyday movement. Exercises are performed out of your chair and are designed to help improve balance, mobility, hip strength and help with fall prevention.

### BEGINNERS STRENGTH

Beginning techniques and exercises for those wanting to learn dumbbell and joint strengthening exercises but are not quite ready for Functional Strength.

### FUNCTIONAL STRENGTH

This class incorporated constantly varied, functional exercises. Functional exercises improve activities of daily living (ADL). It will increase balance, flexibility, strength, agility and cardiovascular endurance.

### TAI CHI

An ancient Chinese discipline of meditative movements that incorporate slow rhythmic body movements. Focuses on core/hip strength & balance.

### CARDIO DRUMS

A fun and simple exercise that activates many muscles with high-intensity drumming movements.

### LINE DANCING

Learn steps to popular line dances. A fun and easy way to get your steps in and also have a great workout.

### MEADOW WALKERS

Walking with company is a lot less tiring. Let's walk together. Outside, weather permitting.