

FITNESS CLASSES

Arthritis Exercise Class - This class is a low-impact physical activity program proven to reduce pain and decrease stiffness. The routines include gentle range-of-motion exercises suitable for every fitness level.

Interval Circuit Training - This class rotates between 13 hydraulic machines with high and low-impact aerobics incorporated into the mix. The class is designed to strengthen your muscles and improve your balance, and it is suitable for anyone.

Silver Sneakers Classic - This class uses a variety of exercises to increase muscle strength and improve range of movement throughout the usual activities of daily living. The class utilizes hand-held weights, elastic tubing with handles, and fitness balls for resistance. Chairs are available if needed for support.

Silver Sneakers Circuit - This class combines fun with fitness to increase cardiovascular and muscular endurance. The class uses a standing circuit workout along and utilizes hand-held weights, elastic tubing with handles, and fitness balls for resistance. Chairs are used for support, stretching, and relaxation exercises.

Abs - This class is designed to help tone the abdominal muscles and includes a variety of exercises using floor mats.

Tai Chi Chih - This mind and body class involves a set of movements focused on the development of an intrinsic energy called Chi. The class consists of 19 stand-alone movements and one pose.

Chair-Supported Yoga - This class is designed for students with physical challenges or for those who find it difficult to move about the floor as required for a traditional yoga class. This class uses postures intended to protect joints, strengthen balance, and increase the range of movement.

Yoga - This class teaches traditional yoga postures and breathing exercises designed to enhance flexibility, build muscular strength, and promote mental awareness. The class is intended to leave you feeling refreshed and balanced.

Yogalates - This mind and body class mixes traditional yoga techniques and pilates.

Line Dancing Classes - A variety of line dancing classes are available that cater to individuals of all experience levels. From learning the basic steps and simple line dances to practicing much more involved moves, an instructor can help you decide which class is the best for you.



3420 Clemson Boulevard
Anderson, SC 29621

Monday - Friday: 8:00 am - 5:00 pm
Saturday: 9:00 am - 12:30 pm

864-225-3370 | www.UpstateSeniors.org

June 2017 Calendar Marketplace Cinema Senior Center

ANNOUNCEMENTS

There will be no **Arthritis Classes** for the month of June.

There will be no **Yogalates Class** on Friday, June 2nd.

Allison, your new senior center manager, can be reached at (864) 225-3370 ext. 130.

EMAIL ADDRESSES

SENIOR Solutions sends out electronic newsletters and copies of the monthly calendars. If you would like your address to be added to the mailing list, please stop by the front desk and fill out a form. Your information will be kept private!

SOCIAL MEDIA UPDATES

SENIOR Solutions is pleased to announce that our Facebook Page has been updated. Check out www.facebook.com/SENIORSolSC/ and like the page for frequent announcements, calendars, and upcoming activities.

COMPUTER CLASSES

“Basic Computer 101”

This class is held from 10:00 a.m. to 1:00 p.m. and meets on June 5th, 7th, 12th, and 14th. This 12 hour course will focus on personalizing your computer and making it easy for you.

“Enhancing Photos”

This class will be held from 10:00 a.m.- 12:00 p.m. on Friday, June 2nd. This short class will focus on improving old or damaged photos.

“The Print Shop”

Learn how to make greeting cards, posters, and much more. This class costs \$10 to cover the cost of the Print Shop Software for your computer.

June Calendar Inside →



Adult Day Care • Assisted Living • Dine In Meals • Home Care • Insurance Services • Senior Centers • Transportation


(864) 225-3370



June 2017

Monday	Tuesday	Wednesday
<p style="text-align: right;">5</p> 9:00 Party Bridge 9:30 Silver Sneakers - \$2 10:00 Computer - Basic 10:30 Line Dance (Intermediate) 11:00 Interval Circuit - \$2	<p style="text-align: right;">6</p> 9:00 Tai Chi Chih 9:30 Art Class 10:00 Barre Fusion - \$2 11:00 Interval Circuit - \$2 11:00 Line Dance - Beginners 2:00 Scrabble	<p style="text-align: right;">7</p> 9:30 Silver Sneakers - \$2 9:30 Pinochle 10:00 Computer -Basic 10:30 Chair Yoga - \$1 11:00 Interval Circuit - \$2 11:15 The Best Book Club
<p style="text-align: right;">12</p> 9:00 Party Bridge 9:30 Silver Sneakers - \$2 10:00 Computer - Basic 10:30 Line Dance (Intermediate) 11:00 Interval Circuit - \$2	<p style="text-align: right;">13</p> 9:00 Tai Chi Chih 9:30 Art Class 10:00 Barre Fusion - \$2 11:00 Interval Circuit - \$2 11:00 Line Dance - Beginners 2:00 Scrabble	<p style="text-align: right;">14</p> 9:30 Silver Sneakers - \$2 9:30 Pinochle 10:00 Computer - Basic 10:30 Chair Yoga - \$1 11:00 Interval Circuit - \$2 11:15 The Best Book Club
<p style="text-align: right;">19</p> 9:00 Party Bridge 9:30 Silver Sneakers - \$2 10:00 Computer - Print Shop 10:30 Line Dance (Intermediate) 11:00 Interval Circuit - \$2	<p style="text-align: right;">20</p> 9:00 Tai Chi Chih 9:30 Art Class 10:00 Barre Fusion - \$2 11:00 Interval Circuit - \$2 11:00 Line Dance - Beginners 2:00 Scrabble	<p style="text-align: right;">21</p> 9:30 Silver Sneakers - \$2 9:30 Pinochle 10:00 Computer - Print Shop 10:30 Chair Yoga - \$1 11:00 Interval Circuit - \$2 11:15 The Best Book Club
<p style="text-align: right;">26</p> 9:00 Party Bridge 9:30 Silver Sneakers - \$2 10:00 Computer - Print Shop 10:30 Line Dance (Intermediate) 11:00 Interval Circuit - \$2	<p style="text-align: right;">27</p> 9:00 Tai Chi Chih 9:30 Art Class 10:00 Barre Fusion - \$2 11:00 Interval Circuit - \$2 11:00 Line Dance - Beginners 2:00 Scrabble	<p style="text-align: right;">28</p> 9:30 Pinochle 9:30 Silver Sneakers - \$2 10:00 Computer - Print Shop 10:30 Chair Yoga - \$1 11:00 Interval Circuit - \$2 11:15 The Best Book Club

Please Remember to Sign In and Out each visit with Your Membership Card!

Thursday	Friday	Saturday
<p style="text-align: right;">1</p> 9:00 Yoga - \$2 9:00 Party Bridge 10:00 Interval Circuit - \$2 10:30 Line Dance (Intermediate)	<p style="text-align: right;">2</p> 10:00 Silver Sneakers - \$2 10:00 Computer - Photos 11:00 Interval Circuit - \$2 12:00 Pot Luck Lunch 1:00 Bingo	<p style="text-align: right;">3</p> 9:30 Silver Sneakers - \$2 10:00 Coffee Klatch 10:30 Chair Yoga - \$1 11:00 Line Dance (Intermediate)
<p style="text-align: right;">8</p> 9:00 Yoga - \$2 9:00 Party Bridge 10:00 Interval Circuit - \$2 10:30 Line Dance (Intermediate)	<p style="text-align: right;">9</p> 9:00 Yogalates - \$2 10:00 Silver Sneakers - \$2 11:00 Interval Circuit - \$2 12:00 Pot Luck Lunch 1:00 Bingo	<p style="text-align: right;">10</p> 9:30 Silver Sneakers - \$2 10:00 Coffee Klatch 10:30 Chair Yoga - \$1 11:00 Line Dance (Intermediate)
<p style="text-align: right;">15</p> 9:00 Yoga - \$2 9:00 Party Bridge 10:00 Interval Circuit - \$2 10:30 Line Dance (Intermediate)	<p style="text-align: right;">16</p> 9:00 Yogalates - \$2 10:00 Silver Sneakers - \$2 11:00 Interval Circuit - \$2 12:00 Pot Luck Lunch 1:00 Bingo	<p style="text-align: right;">17</p> 9:30 Silver Sneakers - \$2 10:00 Coffee Klatch 10:30 Chair Yoga - \$1 11:00 Line Dance (Intermediate)
<p style="text-align: right;">22</p> 9:00 Yoga - \$2 9:00 Party Bridge 10:00 Interval Circuit - \$2 10:30 Line Dance (Intermediate)	<p style="text-align: right;">23</p> 9:00 Yogalates - \$2 10:00 Silver Sneakers - \$2 11:00 Interval Circuit - \$2 12:00 Pot Luck Lunch 1:00 Bingo	<p style="text-align: right;">24</p> 9:30 Silver Sneakers - \$2 10:00 Coffee Clutch 10:30 Chair Yoga - \$1 11:00 Line Dance (Intermediate)
<p style="text-align: right;">29</p> 9:00 Yoga - \$2 9:00 Party Bridge 10:00 Interval Circuit - \$2 10:30 Line Dance (Intermediate)	<p style="text-align: right;">30</p> 9:00 Yogalates - \$2 10:00 Silver Sneakers - \$2 11:00 Interval Circuit - \$2 12:00 Pot Luck Lunch 1:00 Bingo	<div style="text-align: center;">  www.upstateseniors.org </div>