

Active Living: Health & Fitness

7:20 a.m. EDT September 17, 2015



The listed presentations, massage and fitness classes at the Tallahassee Senior Center are \$2 unless otherwise indicated. We graciously accept donations of clean medical equipment to share with those in need. Walkers, wheelchairs, canes, adult diapers, Ensure, shower chairs, etc. Your donation is tax deductible. For information, call 891-4000, 891-4042 or visit our website at www.talgov.com/seniors.

“Walk With Ease”

Mon., Tue. & Wed., Sept. 15 – Oct. 22, 8:30 – 9:15 a.m. Developed by the Arthritis Foundation, this program is for anyone who wants to walk, talk, and have a good time while enjoying the benefits of regular (indoor) exercise. Join the group and join the fun! Facilitated by Area Agency on Aging.

“CRMC Physicians Speak: Robotic General Surgery: Basic Concepts and Applications”

Wed., Sept. 16, 11 a.m. The third in a series of lectures by physicians, Dr. Rodolfo J. Oviedo, MD, imparts his expertise about Robotic Surgery applications in his surgery practice. The da Vinci Surgical System is a sophisticated robotic system designed to expand the surgeon's capabilities and offer a state-of-the-art minimally invasive option for major surgery. Not to worry — Although it is called a “robot,” it cannot move or operate on its own; the surgeon is 100% in control. Presented by Rodolfo Oviedo, MD.

“Falls Prevention Awareness Expo”

Wed., Sept. 23, 9 a.m. – noon. September is Falls Prevention Awareness Month. Join TMH and TSC for a morning of education and screenings. Find out how YOU can avoid becoming a statistic! Offered by TMH.

“Pain Relief and Relaxation Clinic”

Thur., Sept. 24, 10 am – noon. Learn more about the cause of pain, and experience hands-on pain relief with massage and physical therapy. Offered by Centrepointe Rehab PT and Ryan Sullivan, LMT.

“Goldilocks and Medical Care: How to get it Just Right”

Mon., Sept. 28, 11 a.m. – noon. Program explores the “Less is More” movement in medicine. Understand how and why we must educate patients that they can choose to avoid unnecessary and unwanted medical interventions. Presented by Dr. Ken Brummel-Smith, FSU College of Medicine.

“Tools to Quit: A Smoking Cessation Workshop”

Mon., Oct. 5 & Nov. 2, 2:30 – 4:30 p.m. Attend one of these highly effective class/support groups if you are ready to quit smoking now. Nicotine patches provided at no charge. Offered by Big Bend AHEC. Call 224-1177 to register.

“FAMU Nursing Health Fairs”

Thur., Oct. 1 & 8, 9 a.m. – noon. FAMU School of Nursing hosts two health fairs that include interactive and educational exhibits. Learn about current health issues and chronic disease.

“Beauty is more than Skin Deep”

Tue., Oct. 6, 6 – 7 p.m. The benefits of different treatment options for cosmetic and reconstructive purposes! Learn about the newest cutting edge procedures and services offered for improving and repairing the appearance and function of your face. Presented by Dr. Scott Asher, a fellowship-trained facial plastic surgeon with the Facial & Reconstructive Center, a division of Tallahassee ENT. Refreshments provided.

“Introduction to Forgiveness”

Wed., Oct. 7, 11 am – noon. Forgiveness is one of the most important things you can do to achieve your own happiness. Dr. Jim Dincalci, psychotherapist and researcher and director of the Forgiveness Foundation International, presents a short session on how to forgive when you think you can't. This precedes a more intensive Lifelong Learning workshop on the same topic.

“American Cancer Society – Creating a World with More Birthdays”

Wed., Oct. 14, 11 a.m. – noon. In honor of Breast Cancer Awareness Month (October), AMC presentation on services and programs they offer for families with cancer, including information, day-to-day help, and volunteer opportunities.

“Healing Through Forgiveness: A Lifelong Learning workshop”

Thur., Oct. 15 & 22, 1:30 – 3:30 p.m. In the midst of hurt, pain and resentment, is it possible to forgive? When you have been betrayed, deceived, even abused, can you truly forgive? Dr. Jim Dincalci, Director of the Forgiveness Foundation International, says “Yes,” you can. His two-session workshop will provide an in-depth examination of forgiveness and explore the many hurdles that prevent people from forgiving. Steps that individuals can take to learn how to fully forgive will be discussed. Participants will gain insights into the many benefits of forgiving – how forgiveness can heal a lifetime of hurts, anger, and resentments and bring about a peace of mind. Registration required. \$5 (50+), \$7 others. Call 891-4008 or email Kristy.Carter@talgov.com.

Health Screenings

TSC Health Suite, **10 a.m. – noon** unless noted

Blood Pressure

Wed. & Thur., medical volunteers

Glucose

Every Wed., medical volunteers

Hearing

Wed., Sept. 9, Audibel

Pulse Oximetry

Thur., Oct. 1 & Nov. 5

Vision/Glaucoma

Thur., Sept. 17, 10 a.m., Eye Associates

Massage, Meditation and Reiki:

Reiki

Tue., Sept. 22, Oct. 6 & 20, Nov. 3 10:30 a.m. – noon, Susie Howell, Reiki Master, and Friends

Meditation and Mindfulness Guidelines

Tue., Oct. 6 & Nov. 3, 10:30 – 11:30 a.m.

Offered one Tuesday each month in conjunction with Reiki, these encounters introduce you to the secrets of the timeless art of meditation. Feel calmer, more focused and balanced. Taught by Leslie Hanks, Yoga Unlimited.

Massage

Tue., Sept. 29, 10 a.m. – noon, Norma Reesor, LMT

Thur., Aug 27 & Sept. 24, 10 a.m. – noon, Ryan Sullivan, LMT

Massage Clinic

Thur., Oct., 10 a.m. – noon

Lively Tech's Massage Therapy Program brings you a morning of relaxation and pain relief. Please reap the benefits while giving the students some practical experience and feedback.

Fitness

Mindful Movement

Tue., 11 am – noon, Lori Roberts, certified NIA yoga instructor.

Brain – Body – Balance

Mon., 1:30 – 2:30 p.m. at TSC. Active-aging fall prevention program specifically created to train—and reverse—many types of aging. Kathy Gilbert

Tue., 10 – 11 a.m., Optimist Park. Kathy Gilbert

Tue., 1 – 2 p.m., SouthWood Community Center, \$5. Wendy Barber

Wed., 2 – 3 p.m. at Allegro. Kathy Gilbert

Chair Yoga

Fri., 11 a.m. – noon. A gentle yoga workout for increased mobility, bladder control, self-esteem, and mental focus. Certified Yoga Instructor Bridget Welch.

Life Exercise

Tue. and Thur., 9:30 – 10:30 a.m., instructor Pomeroy Brinkley. Dynamic workout consisting of aerobics, light weights, stretching, strengthening and balance exercises. Suitable for everyone.

Tai Chi

Wed. and Fri., 10 – 11 a.m.

Zumba® Gold

Thur., 5:30 – 6:30 p.m., \$5 (50+), \$7 others

Yoga

Mon. and Wed., 5:30 – 7 p.m., certified yoga instructor Pamela Hunter. Vigorous practice for adults including poses, relaxation, and meditation. Wear comfortable clothes and bring yoga mat (if you have one). \$10 (50+), \$12 others.

Neighborhood Fitness Sites

Each class \$2 (50+), \$3 others.

Allegro

4501 Shannon Lakes Dr W

Brain, Body, Balance: **Wed., 2 – 3 p.m.** with Kathy Gilbert.

Bradfordville Fitness

NOTE: held at Bannerman Crossing, 6668 Thomasville Rd, Unit 14

Senior Fitness

Beginners: **Tue. & Thur., 10:30 – 11:15 a.m.**

Intermediate: **Tue. & Thur., 11:30 am – 12:30 p.m.**

Afternoon Class: **Tue. & Thur., 1 – 2 p.m.**

Chaires-Capitola Dorothy C. Spence Community Center

Senior Fitness: **Mon., Wed. & Fri., 8:30 – 9:30 a.m.**

Seated Fitness: **Tue. & Thur., 9:30 – 10:30 a.m.**

Fort Braden Community Center

Senior Fitness: **Mon. & Wed., 10:30 – 11:30 a.m.**

Jack McLean Community Center

Super Seniors Fitness with Edwina Martin

Tue., Wed. & Thur., 10 – 11 a.m. (no charge)

Jake Gaither Community Center

Mindful Movement: Moving for Better Balance

Thur., 11 a.m. – noon (through September only)

Lake Jackson Community Center

Mindful Movement

Thur., 1 – 2 p.m.

Miccosukee Community Center

Senior Fitness

Tue. & Thur., 11:15 a.m. – noon

Optimist Park, 1355 Indianhead Drive

Brain, Body, Balance

Tue., 10 –11 a.m. with Kathy Gilbert.

Brain-Body-Balance

NEW!!!

SouthWood Community Center

Brain – Body - Balance

Tue., 1 – 2 p.m.

\$5 requested

Taught by Wendy Barber

Woodville Community Center

Senior Fitness: **Mon. & Wed., 8:30 – 9:30 a.m.**

Read or Share this story: <http://on.tdo.com/1KitVKt>