



# winter park *community* center

## Senior Activities

### **Sit to be Fit**

Mandi Nice heads up a core strengthening chair aerobics cardio class.

### **Fun Fitness Fridays**

Mandi Nice also heads up an Intro fitness class for free weights, cardio and weight machines located in our own Winter Park Fitness Room.

### **Shopping Trips**

To local stores for necessities for those that do not drive.

### **Computer Classes**

Will be taught in the media center and will include classes for email, photo shop, word, paint and other suggested curriculum.

### **Games**

Organized games: Bingo, Cards, Wii, Brain Games Dominos and other fun favorites.

### **Crealde, Arts and Crafts**

Ceramics, painting, scrapbooking, and other fun and creative activities.

### **Zumba**

Get moving with the sounds of music and improve your balance, coordination and rhythm.

### **Tai Chi**

Practiced as a graceful form of exercise, Tai Chi involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

### **Gentle Yoga**

A style of yoga that is far less strenuous than other forms of yoga.

### **Water Aerobics**

Gravity by flotation places less stress on the joints when stretching, and can allow a greater range of motion.

### **Walking to the Oldies**

Join us on a walk around the gym with some good music from the past.

**It Starts  
in Parks**



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