



# ACTIVITIES & PROGRAM GUIDE TO:

Living Well Through Our Eight Dimensions of Wellness



# **Eight Dimensions of Wellness**



1. Physical (MOVE) - Choosing lifestyle habits that maintain or improve health and functional ability.



2. Spiritual (TRUST) - Living with a purpose in life; exploring beliefs and values that create personal peace.



3. Emotional (FEEL) - Coping with challenges and behaving in trustworthy and respectful ways.



Intellectual

4. Intellectual (THINK) - Engaging in creative pursuits and intellectually stimulating activities.



Vocational

5. Vocational (DO) - Improving skills & abilities that help oneself or others stay productive.



**6. Social (BOND) -** Interacting with others for mutual benefit and awareness of the larger community.



Environmenta

# 7. Environmental (RESPECT)-

Maintenance of the land, services, processes & designs which contribute to a healthier and sustainable world.



8. Health Services (CARE) - Being proactive in our health care.

- Tai Chi: Mon., Wed., 3:00 PM Rec Center
- Water Aerobics: Mon., Wed., Fri., 10:00 AM (all year)
- Yoga For Health (chair): Tue., Thur., 2:00 PM Rec Center
- Yoga Flow (mat) Tues. Rec Center

## Health and Wellness (i)







• Social Services Director Anne Ahland (3155)

Audiologist

Hearing Aid Service and Repairs

Low Vision Group

Reading Room

Scooter Service-1st Tuesday of the Month

Talking Books

#### **Religious Services and Programs**







7

• Chaplain: Jed Anderson & Tara Bartholomew (3390)

Bible Study (Fall and Spring)

Episcopal Eucharist

Health Center Worship

Nunnenkamp Worship

Village Vespers

#### **Support Groups**









• Social Services Director Anne Ahland (3155)

Aural Rehabilitation

Bereavement Support Group

Caregivers Support Group

Concerned Friends (3255)

Diabetes Support Group (3165)

Men Who Care Group

Neuropathy Support Group

# Village Kats Harmonica Group 🐞 🕕



• Clyde Hostetter (4319)

# Village Putters 🚖 🀞 🕕

• Betty Voyles (3571);10:00 AM Mondays Rec Center

# Village (Gift) Shop 🧀 👸

• Barbara Hall (4336); Gift Shop (8109)

# Weaving (i)



• Richard Peel (3106)

#### Welcome Coffee and Newcomers (iii)





• Ron & Joanie Newth (3642)

#### Woodshop and Repairs (1)







• Bob Stanley (3711)

#### Administrative Services (iii)







• Executive Assistant Teresa Bauer (3152) New Resident Orientation 2nd Wednesday Village Meeting 1st Thursday every month

# Health and Fitness Department ...









#### • Acupuncture:

- Aqua Flow: Tues., Thurs. 10:00 AM (warmer months)
- Chiropractor: Dr. Michael Peuse; (480) 221-9314 for appt.
- Group Exercise: (3160) or (3165)
- Kelly Family Fitness Center: (3160) open 24hrs/7 days
- Massage Therapy: call (3160) or (3165) for details
- Morning Stretch: Tues., Thurs., 7:30 AM SA
- Outpatient Physical Therapy: Medicare Part B (3295)
- Personal Training: Senior Fitness Testing, Orientation to Equipment by appointment (3165) or (3160)
- Pool: open 5:00 AM to 9:00 PM 7 days a week
- Safe & Strong: Mon., Wed., Fri., 8:15 AM Rec Center

## Art Room and Classes (†)





- Oriental Brush Painting-Bev Weeber (4367) & Paula Helmbold (3611)
- Oil/Acrylic Painting-Janet Fagan (3301)

# Beading Group 🚖 👸





• Dian Meder (3469); Gaylee Fretz (3389)

#### Billiards and Women's Pool (1) (6)





• Bob Ellis (4365) and Norma Misener (3580)

#### Bingo (†)





• Activities (3303) Saturdays, 7:00 PM (SA)

#### Bocce/Putting Green (1) (6) 🚖







• Activities (3303) Daily 9:00 AM-Dusk

#### **Book Club**





• Marjory Maud (3709)

#### Bridge (†)





- Duplicate-Rose Frankfort (3567); Jan Wise (3781)
- Progressive-Carl and Marlene Taibl (4343)

#### **Carefree Climbers**

• Kristin Valentine (3748) and Phil Anderson (4359)

## Chorus and Bells (\*) (\*)











- Danielle Fuchs, Chorus Director (480) 221-1679; Chorus meets 9:00 AM Saturdays Rec Center;
- Matt Wright, Bells Director (480) 363-1352; Bells Meet Mondays 4:30 PM Rec Center

#### Computer Lab and Copying ( )





• Luther Williams (3792) (Across from A-322)

# Computer Services (†)



• Call Environmental Services at #8114 to request service

#### Current Events (†)





• Richard Edelstein (3574)

# Engineers, Scientists, Etc. Group (1) (iii)





Meets first Thursday in PDR

• Stan Settles (3520)

# Game Night (†)





• Activities (3303)

#### iPad Classes



• Announced in The Villager. Tim Crowley (3138

#### Kaffee Klatch (†)





Larry Lathom (3766)

#### Kiwanis Club (i) (ii)







Dorothy Larson (3673); Appointments, Readers for low vision, Tutoring and assisting teachers at Roosevelt School, Dolls

#### Knit Pickers (\*\*)







Donna Moody (4304); Pat Crouse (3227)

#### Andes Library (3280) 6 (\*\*





- Library Board-Georgia Dillard (3346)
- Paperback Library-Library Annex\*
- Religion Library Library Annex\*
- Healthcare Center Library\*-Located on HCC First Floor \*Honor system checkout

## **Life-Long Learning** (1)





Ed Kearns (3351)

#### Line Dancing 🚖 👸





Velma Finnern (3608), Thursdays 8:30 AM Rec Center

# Movies (i)

Activities (3303)

# Pancake Breakfast (iii)

• First Tuesday in the Rec Center (Sept-May)

# Paper Boys and Girls 🥔 🚯 🚖







• Ruth Kearns (3351)

## **Pottery Room**





• Pottery classes available-Jan Wise (3781)

#### Quilters (†) 📂 👸







• Lynn Busenbark (3205)

#### Readers Theater 📸





Marjory Maud (3709)

#### Residents Council (1) www (10)





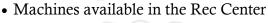
- 2017-Resident Council President Jay Adler (3565)
- 2018-Resident Council President Shirley Abbott (3533)

## School Retirees (iii)

• Meets Sept.-May, See Villager for time and date

# Sewing (†)





#### Site Seekers (i) (i)







• Selma Edelstein (3574)

# Silversmith and Lapidary Repairs (i)







• Jim Koenig (3736)

• Ruth Kearns (3351)

# Spanish Language & English Tutoring (†)















• Ann Bergin (3697)