



AUGUST 2019

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------|---|---|---|---|--|---|
| Open Swim 12-3 p.m. Pool | Gym for Me 9 - 11 a.m. Gym | Senior Pep Fitness 9 - 9:45 a.m. Multipurpose Room | Gym for Me 9 - 11 a.m. Gym | Senior Pep Fitness 9 - 9:45 a.m. Multipurpose Room | Walk & Talk 9 - 10 a.m. Track | Sunrise Yoga 9:15 - 10:15 a.m. Patio* |
| | Splash with Me 10 - 11:30 a.m. Pool | Senior Basketball 10:30 - 12 p.m. Gym | Splash with Me 10 - 11:30 a.m. Pool | CitiWalk 12 - 1 p.m. Lobby | Splash with Me 10 - 11:30 a.m. Pool | Dame Tu Mano 9 - 10:30 a.m. Multipurpose Room |
| | | Pickle Ball 12 - 2 p.m. Gym | Book Club 10:30 a.m. Library | Pickle Ball 12 - 2 p.m. Gym | | |
| | Board & Card Games 12:30 - 2 p.m. Library | Board & Card Games 12:30 - 2 p.m. Library | | Board & Card Games 12:30 - 2 p.m. Library | Board & Card Games 12:30 - 2 p.m. Library | |
| | Youth Conditioning (10 - 12 year olds) 4 - 4:45 p.m. Gym | Youth Conditioning (7 - 9 year olds) 4 - 4:30 p.m. Gym | Youth Conditioning (10 - 12 year olds) 4 - 4:45 p.m. Gym | Youth Conditioning (7 - 9 year olds) 4 - 4:30 p.m. Gym | Open Gym (8th grade & under) 3:30 - 4:30 p.m. Gym | |
| | | Yoga 5:45 - 6:15 p.m. Multipurpose Room | | Yoga 5:45 - 6:15 p.m. Multipurpose Room | Open Swim 5-7 p.m. Pool | |
| | | Dame Tu Mano 6 - 7:30 p.m. Multipurpose Room | | Dame Tu Mano 6 - 7:30 p.m. Multipurpose Room | | |

SPECIAL EVENTS:

- Wednesday, August 7:** Beacon Community Impact: Question, Persuade, Refer Adult Spanish | 6 - 8 p.m., Multipurpose Room
- Thursday, August 8:** Back to School | 11 a.m., Gym
- Tuesday, August 13:** Blood Pressure Screening | 11 a.m., TBD
- Wednesday, August 14:** Beacon Community Impact: Adult Overdose Lifeline-Opioids | 6 - 7 p.m., Multipurpose Room
- Monday, August 19:** Beacon Community Impact: Question, Persuade, Refer Adult | 6 - 8 p.m., Multipurpose Room
- Friday, August 23:** 2's and Beyond | 11 a.m., Multipurpose Room
- Wednesday, August 28:** Beacon Community Impact: 8 Dimensions of Well-being, Occupational, "Communicating at Life" 6:30 - 7:30 p.m., Multipurpose Room

*Sunrise Yoga - if weather permits yoga on the patio, class will be held in the Multipurpose Room



CLASS DESCRIPTIONS

Sunrise Yoga – Wake up and flow! This class will consist of some faster paced flows and an exploration of more challenging sequences. Some previous experience in yoga is recommended.

Citiwalk – Citiwalk takes a 60-minute urban stroll through downtown and enjoy a stop each week at a new and interesting place.

Walk & Talk at the Commons – Walk about 2 miles on the Commons track with a group.

Senior Pep Fitness – Get energized and gain endurance, flexibility and strength. This fitness class helps seniors stay active, live healthy lifestyles and feel young at heart. Classes are led by our specially trained instructors.

Pickle ball – A low-impact, high-energy doubles racket sport that blends tennis, badminton and ping-pong.

Senior Basketball – Shoot baskets or enjoy a pickup game with men and women 50 and older.

Gym for Me – Open gym for toddlers with toys, balls, inflatables and more provided. Adult supervision required.

Splash with Me – Open water swim time for parents and children. Adult supervision required at all times.

Open Gym – Open gym for youths 8th grade and younger with toys, balls and more provided. Parents and guardians welcome. Adult supervision required at all times.

Book Club – Come to the library in the Commons and enjoy a book with some of your local community members.

Board and Card Games – Come to the library in the Commons and enjoy a board or card game with some of your local community members.

Dame Tu Mano (Give Me Your Hand) – Tu Salud Si Cuenta (Your Health Matters) – Latina women are educated on health and fitness to decrease BMI and A1c numbers, form a connection with the health care system, and increase preventative care.

Woman, Infant, & Children – B.A.B.E. (Beds and Britches Etc.)

- Pop up Store- Participants will have increased access to adequate prenatal and infant care that they purchase with coupons earned by attending programming and appointments
- Potty Training - best practices
- 2's & Beyond - guidance on dealing with discipline issues, growth and other developments
- Breastfeeding education and assistance
- Additional specialist will also come into discuss parenting assistance and improvements as requested

8 Dimensions of Well-being Series: Emotional, Social, Financial, Environmental, Physical, Intellectual, Occupational, Spiritual – Community will have greater awareness on how the 8 dimensions of well-being impact their overall health.

Question, Persuade, Refer: Suicide Prevention

– Participants will increase knowledge of mental health disorders, decrease stigma, and promote early intervention for individuals at risk of suicide.

Overdose Lifeline – Opioid Public Health Crisis:

Individuals will receive an in-depth understanding of the opioid public health crisis – what is occurring, how we arrived here, the contributors and risk factors. You will learn how to recognize the signs of an opioid overdose and how the opioid reversal drug Naloxone works. The course will conclude with a review of the multifaceted solutions model that states and communities are applying to reduce the effects of the health crisis.