

May 20, 2018

SJV Health and Wellness Ministry

**For inclement weather we will follow the Calvert County school inclement weather policy
(when schools are closed all exercise programs will be cancelled).**

Walking Groups – Various days, times and locations – FREE

Walk at your pace and however many laps you can – no commitment wear proper support footwear and bring water dress appropriately for the weather, if walking outside

Hike on your own

*Hike at your own leisure at the best time for you
Parker Creek Trail Head next to the Family Life Center*

Monday

10:30 a.m. to 11:00 a.m.

Anne Marie Garden on Dowell Road

Carol Santivaschi - walking group leader

410.586.2995 or email: carolsantivaschi@hotmail.com

Wednesday

Noon to 12:30

Meet at Parish Center Entrance

Thomas Voegtli – walking group leader

Calvert Pines Center

FREE Physical Fitness Programs for individuals Age 50+

- 1) ***“Walk the Beat” 9:30 a.m.*** – led by the Senior Center staff -
Monday, Wednesday, Friday
- 2) ***Seated exercise class (for the less mobile) – 10:30a.m.*** - led by the Senior Center staff - ***Monday, Wednesday, Friday***
- 3) ***“Let’s Move” (more active aerobics class) - led by a Volunteer Trainer) - Tuesday and Thursday 10 a.m.***
- 4) ***Bone Strength aerobic class with light weights – led by a volunteer trainer - Tuesday and Thursday 12 noon***

More information available at: www.co.cal.md.us

– search for “Bimonthly Newsletter” or pick up a newsletter at the Dares Beach location. Phone 410.535.4606