

# The Wellness Weekly

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and,  
‘Love your neighbor as yourself.’” Luke 10:27

June 1, 2018

## Don't Miss It: June 5th

3 reasons to come to the Wellness Center Classroom on June 5th at 1:00pm for a live-stream presentation about programs for persons battling Parkinson's:

1. Get your mobility- and exercise-related questions about Parkinson's answered.
2. Be a part of technology in action!
3. **Be amazed by the “Parkinson's Revolution”!**

Lisa Coors, personal trainer and owner of Coors Core Fitness, will present a private seminar for us live from Cincinnati about “The Parkinson's Revolution”. We will use digital technology for a virtual, face-to-face phone conference, from the comfort of Otterbein Franklin's Wellness Center. Lisa will also answer questions, so come ready!



## Chinese Culture Discussion Series

(Fridays, 10:45-11:30am, once a week, starting June 15 in the Library, Wesley Center, 2nd Floor).

Ancient stories persist because each new generation finds meaning in them.

**How did a half-eaten peach change a man's life?**

**What is a bottomless bucket good for?**

**Why would a tea master purposefully spill the tea?**

Join Michael Heinz, Ph.D. in a four-week discussion series on ancient Chinese stories (with some poems and folk sayings included). All readings in English. We will see some of the lessons embodied in those stories, and we'll be able to appreciate the relevance of those lessons to our own lives.

Michael is an adjunct professor at Butler University, where he has taught Linguistics, Chinese philosophy and martial arts since 2001. He has been teaching T'ai Chi here at Otterbein SeniorLife Franklin Community for ten years.

Questions? Call Jeremy at 317-736-1196.

## Sitting the Bench v. Varsity Moves

Do you find exercise unpleasant? If so, you might still consider adding opportunities to *move* into your day. Recent studies are showing that a sedentary lifestyle is harmful not only for mobility, social relationships, and cardiovascular health, but also for brain health. In fact, even vigorous exercise for an hour or more cannot “off-set” the effects of sitting. So, be inspired to do what you can: take a short walk, move about your house, weed the garden, wave your arms at the grandchildren, wiggle your toes, and do anything you can (within any mobility limitations you might have) to keep moving in between tea parties, card games, naps, and television programs.

## Early-Morning Pickleball?

Let's try early-morning Pickleball from 7:30am to 8:30am on Tuesday mornings in June to try to “beat the heat”. This will be instead of the 1:00pm time-slot we played in last month. See you Tuesday, June 5th at 7:30am! (Jeremy will not be able to be present on June 12, but he plans to be there on the 5th, 19th, and 26th of June. Go ahead and play without him on June 12th.)

## New Ladies' Water Aerobics in June

The 8:00am Monday and Thursday Ladies' Water Aerobics class has grown and, beginning on June 4th, will become two structured classes: an 8:00am class and a 9:00am class, with 30 minutes of free swim or water movement from 8:30am to 9:00am between the classes. Both classes will be resident-led at present.

## Social Walking Takes a Rest

If you are interested in forming a social walking group, please let Jeremy know, including a day and time that is ideal. Until you see further notice, we will NOT plan to gather for Social Walking in June, due to low interest.

## Wii Bowling Continues, Tuesdays at 2:00pm

*Questions about Wellness happenings?*  
Contact Jeremy at extension 1196 or email  
Jeremy.VanDeman@Otterbein.org