

Walking for a Purpose

Let's Walk to End Alzheimer's Together! Messiah Lifeways® will be participating in the Alzheimer's Association Walk to End Alzheimer's® on Saturday, October 5 starting at 10:00 am at City Island in Harrisburg. We invite you to join our team. Our team goal this year is to raise \$2,000 from across the organization. Together, we can advance research to treat and prevent Alzheimer's and provide programs and support to improve the lives of millions of affected Americans. Visit Alz.org/Walk and search for "Messiah Lifeways" under Find a Team. For more information or questions on how to register, please contact The Wellness Office at 717.591.7222.

Strong Seniors

As Active Aging Week draws near, we would like to spotlight yet another event that we are very excited about. Approximately two months ago we conducted a member survey in attempt to get an idea of what you were looking for in your wellness program. There were a lot of great suggestions, but the one that stood out most was the desire to incorporate more classes that challenge you. On Monday, September 30 (as part of Active Aging Week) at 9:00 am in the Village Square Fitness Studio, we are going to introduce to you STRONG SENIORS. This class will be a combination of strength, core, and mobility in a completely different format than what we are used to. What makes this class challenging is that you will be required to get out of your chair and even down on the ground more so than



Mike and Wellness member, Lucy, breaking a sweat during a photoshoot for the Messiah Lifeways Magazine.

you are used to. We will open registration on September 3 for the first 15 people with the possibility of a second class (depending on interest). To register, please contact The Wellness Center.

Punch Card Members

Just as a reminder there is a new program that allows you to "pay per usage" which replaced the old Punch Card System. If you are a former member of this program and have questions on how to take advantage, please contact the Wellness Center so that we may better assist you.

Labor Day hours

The Commons:

- SilverSneakers® Classic: 9:00 - 9:45 am & 10:15 - 11:00 am
- All afternoon land classes are canceled.

Pool:

- 9:00 - 10:00 am: Lap swim/open
- 10:30 am: Aquacize
- 12:00 - 1:45 pm: Family swim

Michael Murad, Wellness Manager
717.591.7222