

Wellness Newsletter



May/June 2026

Welcome to Early Summer!

May and June bring a full schedule of Wellness programs, seminars, and community activities designed to help you stay active, engaged, and supported. This time of year also brings new opportunities to get outside, build consistent routines, and take advantage of everything available to you through Wellness.

Below you will find helpful information for the months ahead.

Spring Seminar Series Recap

Over the past few months, we explored how breathing can be used to promote relaxation and reduce stress, how the water can support balance and make movement feel more accessible, and how flexibility plays an important role in maintaining independence and ease of movement. We also discussed the benefits of working out together and how connection and community can make staying active more enjoyable.

Thank you to everyone who attended and participated. We hope you can join us for the remaining sessions.



Upcoming Spring Seminars:

Friday, May 22 | 1:00 pm | Matt Sloane:

A Balanced Life: Fall Prevention Strategies

Discover practical strategies to maintain and improve your balance at every stage of life. Through training techniques, you'll develop greater stability, coordination, and body awareness. You'll learn simple exercises you can safely incorporate into your daily routine and walk away with the knowledge and tools you need to move with confidence and reduce your risk of falls.

Monday, June 1 | 1:00 pm | Richie Gary:

Active for Life: Staying Strong as You Age

Staying active is more important than ever as we age. In this seminar, discover simple ways to keep your body strong, balanced, and mobile. We'll cover key areas of fitness and offer tips you can start using right away to support your strength, flexibility, and overall wellness.

All seminars take place in the Hostetter Enrichment Center unless otherwise communicated. Please refer to email and text updates for any changes.

New Wellness Buddy System!

We are excited to continue building community connections through our buddy system. This initiative is designed to help participants connect with others who share similar interests in wellness, movement, and social engagement.

If you are interested or have any questions, please contact Anna at anovikova@messiahlifeways.org or call 717.591.7222 option 1.

Pool Class Expectations: Supporting a Positive Experience

Our pool classes are designed to be fun and purposeful for everyone involved, and we are proud of the strong sense of community in each class.

When attending a pool exercise class, please remain mindful, attentive, and engaged throughout the session, with attention remaining on the instructor during demonstrations and instructions.

Conversation and connection are always welcome, but it should remain at a respectful volume and not distract from instructions.

These classes are carefully planned and led to ensure they are safe, effective, and meaningful for all participants. Staying attentive and engaged helps support both instructors and fellow participants.

Thank you for helping us maintain a respectful, supportive, and enjoyable space for all.

May and June Wellness Highlight

May and June bring meaningful opportunities to focus on health and movement. In May, we recognize Older Americans Month and National Physical Fitness & Sports Month, celebrating the importance of staying active and connected at every stage of life.

In June, we highlight Men's Health Month as well as Alzheimer's & Brain Awareness Month, bringing attention to the importance of preventative care and cognitive health.

Our ongoing classes and programs are a great way to participate in these areas of wellness, whether it's staying physically active, engaging your mind, or connecting with others in the community.

ReLax Pickleball Program

We are excited to share a new opportunity led by Messiah Vilalge resident Larry Vittone. ReLax Pickleball is a slower paced version of the game designed for those with slower mobility, recovering from medical concerns, or anyone new to pickleball.

This format allows for two serves, games played to seven points, and no tie breakers, creating a more relaxed and accessible experience.



Play takes place at Lower Allen Community Park, 4075 Lisburn Road in Mechanicsburg, weather permitting. Sessions are held Tuesdays and Thursdays from 10:00 to 11:30 am.

There are no fees to participate. All are welcome. To join, please contact Larry Vittone at littone@comcast.net to be added to the list and receive updates.

Wellness Rate Update

Effective July 1, 2026, in alignment with the new fiscal year, you will notice an increase in the monthly Wellness membership rate. The monthly membership will increase from \$32 to \$37.

The change is primarily due to the elimination of the \$49 annual maintenance fee, which is now being incorporated into the monthly membership cost. Several other rates will also be increasing.

Additional details regarding these updates will be included in a rate sheet letter that will be shared with you. Updated rates will be included with the letter and available on our website. We encourage you to review that information for a full overview of the changes.

Thank you for being part of our Wellness community. We look forward to seeing you in the months ahead!

—Richie Gary, Wellness Manager