Wellness Newsletter

November/December 2026

Welcome to November and December at Wellness!

As we head into November and December, there's plenty happening at the Wellness Center! From Active Aging Week highlights to holiday reminders, and class spotlights, read on for the latest updates.

Most importantly, thank you for being part of our Wellness community. We appreciate your participation, support, and flexibility as we navigate a busy season.

Active Aging Week Highlights

Active Aging Week was full of fun, friendly competition, and opportunities to connect with fellow members!

Congratulations to the Red Team, winners of our first ever Messiah Lifeways Amazing Race! The team included Kari Huck as their facilitator and team members Kay Yerger, Wendy Otstot, and Donna Hawkins. The other two teams also received award medals for their participation making it a fun and memorable event for everyone involved!

We also want to congratulate Jenny Dose, winner of our Bingo Challenge, who won a Messiah Lifeways gift card.

Thank you to everyone who participated in Active Aging Week and helped make it such a fun and successful week! We had a great time bringing everyone together and are already looking forward to next year's activities!

Holiday Hours and Schedule Reminders

Election Day: Tuesday, November 3

The Village Commons Community Room will be used as a polling place on Election Day, which will affect a few of our Wellness offerings.

Chair Yoga will still be offered but will be relocated to the Chapel. We understand that the Village Square Fitness Studio has typically served as our alternate location. However, that space is being used for another recurring class during the Chair Yoga time slot. We will highlight that class later in this newsletter, so please read on for more information!

Drum Stix is cancelled on Tuesday, November 3.

We always strive to keep our classes and their locations consistent and easy to access, and we appreciate your flexibility as we make these adjustments.

Thanksgiving and Christmas Holiday Schedule

The Wellness Center will be unstaffed on Thursday, November 26, for Thanksgiving, and Friday, December 25, for Christmas Day. There will be no Wellness programming, and the pool will be unavailable on both days. Members may still access the gym and locker rooms using their key fob during normal access hours, 5:00 am to 10:00 pm, seven days a week.

Annual Pool Maintenance Work

Our annual pool maintenance week is coming up in December. This annual work helps us maintain our pool

facilities. Please keep an eye out for additional communication with dates and details of any closures.

During this time, we encourage members to explore our other offerings including gym access and group exercise classes. Your membership provides access to more than just the pool, and we hope you will take advantage of these opportunities to stay active while pool maintenance is underway. Thank you for your understanding as we complete this important work.

Class Spotlights

Move A-Way Parkinson's Dance
When: Every Tuesday, 11:30 am
Where: Village Square Fitness Studio
A dance and movement program for individuals living with Parkinson's disease that uses music and guided movement to work on balance, coordination, mobility, flexibility, and confidence. No dance experience is needed, and movements will be adapted to individual abilities.

Ballroom Dance
When: Every Monday, 12:15 pm
Where: Village Square Fitness Studio
Dance is a fun way to stay active while learning dances like the waltz, cha-cha, foxtrot, swing, and four-count hustle. No partner or experience needed, just bring comfortable shoes, and come ready to move!

Ready, Set, Go!
When: Every Wednesday, 1:00 pm
Where: Village Square Fitness Studio
A low-impact cardio class designed to get your heart pumping through approachable movements that challenge cardio, strength, balance, and coordination. Come get moving, challenge yourself, and have fun!

Dance Class
When: Every Wednesday, 2:30 pm
Where: Village Square Fitness Studio
Get moving and have fun with Dance Class! Follow along with your dance instructor as you learn a variety of dance moves and styles. No experience needed, just come ready to move and enjoy the music!

Personal Training Spotlight

Wellness offers personal training to help you work toward your individual fitness goals! For more information about personal training, contact Matt Sloane at msloane@messiahlifeways.org or 717.591.7222, option 2.

Community Spotlight: Doug Miller

You may know Doug Miller as our Wellness dance instructor, and as a familiar face working in Café 100. Doug also sings second tenor with Voices of the Valley and will be performing in their upcoming Christmas concerts. If you enjoy Christmas music, consider attending one of the following performances. No tickets are needed, and admission is free with donations accepted.

Friday, December 4 at 7:30 pm
Paxton Presbyterian Church
3500 Sharon Street, Harrisburg, PA, 17111

Saturday, December 5 at 7:30 pm
St. Stephen's Episcopal Cathedral
221 North Front Street, Harrisburg, PA, 17101

Sunday, December 6 at 3:00 pm
St. Theresa Parish
1300 Bridge Street, New Cumberland, PA, 17070

We wish Doug and Voices of the Valley a Wonderful concert season!

Wellness Membership Payment Reminder

For community members who pay their Wellness membership by check, please remember to pay only the amount due listed on your monthly statement. We ask that you do not prepay for future months. Simply use your statement at the beginning of each month to determine the amount to include with your check. Thank you for your cooperation!

Stay Connected with Wellness

Please sign in at the Wellness kiosks when you arrive.

This helps us track member usage and know who is in the building in case of an emergency.

Stay informed about Wellness updates and schedule changes by checking your email and the kiosk sign-in board. We also use automated voicemails and text notifications for time-sensitive updates.

Questions? Contact the Wellness Office at 717.591.7222 or wellness@messiahlifeways.org.

Thank you for being part of our Wellness Community. Have a happy and healthy November and December!

Richie Gary, Wellness Director