

SILVERSNEAKERS® CLASS DESCRIPTIONS

SilverSneakers® Circuit: Standing upper-body strength work alternated with low-impact cardio using a chair for standing support.

SilverSneakers® Classic: Seated and standing exercises to increase muscular strength, range of motion and activities for daily living.

SilverSneakers® Yoga: Seated and standing yoga poses to increase flexibility, balance and range of motion.

SilverSneakers Stability®: Standing class designed to decrease the risk of falls with focus on improving balance and lower body strength.

March Events!

March 3: “Better Late than Never” Mardi Gras Party – cake, games and trivia.
12:30 PM in the Cornerstone Kitchen (café). **RSVP to Terri or Dolores.**

March 10: “Avoid Internet and Phone Scams” with Lewisburg Chief of Police Yost –
Attendees are encouraged to come prepared with questions.
Anonymous questions can be sent to Terri ahead of time.
12:30 PM in Room AB. **RSVP to Terri or Dolores.**

March 17: St. Patrick’s Day Lunch!
12:30 PM at The Bull Run, Lewisburg. **RSVP to Terri or Dolores.**

March 24: “Make Your Voice Heard” with Terri, Dolores & Rebecca.
We want to touch base and hear your feedback! 10 AM–12 PM in Room C.

March 31: “How Does Your Garden Grow? A Guide to Proper Composting” with Lori
Bartholomew, Penn State Extension Master Gardener.
12:30 PM in Room AB. **RSVP to Terri or Dolores.**