



THE SPOTLIGHT

MAY/JUNE 2022 NEWSLETTER



MAUMELLE CENTER ON THE LAKE

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Maumelle, AR 72113
(501) 851-4344
www.maumellecenteronthelake.org
SeniorServices@maumelle.org



Photo above taken by Carlette Henderson a board member of Counting on Each Other, Inc.

EMPOWERING ADULTS 50+ TO LIVE & AGE WELL!

CENTER STAFF

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CAFE CASHIER

Gwen Wetzel | email

SPOTLIGHT ON EXERCISE

Pictured below are members of Low Impact Training or LIT. This class meets weekdays at 8am. Each Wednesday the class picks a theme and members have the choice of dressing up. I hope you see the smiles below and enjoy these photos. I promised a class member to not put on Facebook.....but didn't include the newsletter.

Benefits of exercise include:

Improving strength, improving balance, giving you more energy, prevent or delay diseases such as heart disease, diabetes or osteoporosis. Exercise improves your mood and fights off depression.

It is never too late to start exercising! Find a class inside this newsletter and/or use the center's cardio and weight equipment.



FROM THE DIRECTOR

NEWS FROM NICOLE

Senior Services Director, Nicole Vogler

Our staff currently has an opening for a part time recreational assistant. This position is normally scheduled 25 hours weekly; Monday through Thursday from 3pm to 8pm and Saturdays from 8am to 1pm. If you or someone you know 18 years or older is interested, please direct them to City of Maumelle HR Department. Or if you have questions, please contact either Tawana Fox or I for more details. While this is only 1 position, we are pulling other personnel from their typical work assignments to cover. We have had a perfect storm between scheduled time-off, death in immediate family, and this opening that is stretching our team very thin. We are a fun group and we have the opportunity to help people-what is better than that?



I hope you enjoy the pictures from our Low Impact Training Class (LIT). We have hosted theme days each Wednesday and have had a lot of fun and a good amount of participation. Big thanks to Susan Russ for bringing in extra props so that we all could participate! Life is short, make it fun! I am a true believer that we have a choice to be happy. True happiness can be found by finding joy in what we already have. Now hold on and please understand that not everything goes my way. I choose to try and find the good in every situation. There are times that literally "fake it 'til I make it". Exercise a little or more and enjoy the natural endorphins! Join us for the 8am class....we choose a new theme each week that class members can choose to participate in. I hope you enjoy the smiles as much as I do!

Yours in Service,

Nicole Vogler



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BONUS WEEK

May, 2nd-6th, 2022

DEMO DIRTY THIRTY-IN-PERSON CLASS

Mon-
5/2/22-5/6/22

5:15-6:00am

No Class Fee

Instructor: Misti Sweere

IN PERSON & ONLINE

Class features floor work, weights, cardio, balance, and stamina. Get ready to work hard and feel great! This class will have modifications but is designed for moderate to advanced exerciser. Class members are highly encouraged to take class Monday through Friday for best results.

BONUS WEEK events and activities are listed in front of newsletter. Program description will be highlighted if prior registration is required. Bonus week will be held May 2nd-6th, 2022. Bonus Week Classes and events are free of charge to members, unless a fee is stated in description. Bonus week is a great time to try out different classes, events, and activities!

SESSION 2 will begin on May 9th, 2022 and run until July 2, 2022. If there is a fee for an event, members may register online prior to deadline of event or visit the Center to register and pay for the event by the registration deadline as published in the newsletter. All events are available on a first come, first served basis. Virtual, ONLINE courses require advanced registration.

DEMO UPPER BODY STRENGTH TRAINING-

Mon/Wed
5/2/22 & 5/4/22

7:00-7:30am

No Class Fee

Instructor: Jenny Corbusier

IN PERSON & ONLINE

Upper Body Strength Training is a 30-minute class dedicated to building a stronger upper body and improving balance. Course level ranges from beginner to intermediate

DEMO LIT (Low Impact Training)

All Weekdays

5/2/22-5/6/22

8:00-8:40am

No Class Fee

Instructor: Nicole Vogler

IN PERSON & ONLINE

Cardio Dance on Monday, Wednesday, and Friday combining traditional aerobic routines with dance-based choreography. No experience necessary; just a love of movement and upbeat music! Tuesday and Thursday class format involves HIIT and Tabata Training for Seniors. Instructor will show modifications.

DEMO-YOGA ON A BALL

Mon/Wed
5/2/22 & 5/4/22

8:45-9:30am

No Class Fee

Instructor: Jeanie Pierson

IN-PERSON

Yoga on a Ball blends ancient yoga techniques with a total body workout using an exercise ball that encourages muscle sculpting and deep breathing. This creates a rejuvenating flow of energy that leaves you feeling strong and centered. It is Yoga for all ability levels - low impact, body strengthening and toning - great for balance. Course level is beginner to intermediate with modifications given.

DEMO LOWER BODY STRENGTH TRAINING-

Tues/Thurs
5/3/22 & 5/5/22

7:00-7:30am

No Class Fee

Instructor: Jenny Corbusier

IN PERSON & ONLINE

Lower Body Strength Training is a 30-minute class dedicated to building a stronger lower body and improving balance. This class is for beginner to intermediate exerciser.

DEMO-WAKE UP YOUR JOINTS

Mon/Wed/Fri
5/2/22, 5/5/22 & 5/6/22

10:00-10:45am

No Class Fee

Instructor: Nicole Vogler

IN-PERSON

Arthritis, joint stiffness got you down? Join Nicole for this class that focuses on stretching your joints. Participants will use weights, bands and chairs in this class. Exercise level is beginner.

DEMO QI GONG AND TAI CHI: FOR STRENGTH & MOBILITY

Mon/Wed/Fri
5/2/22, 5/4/22 & 5/6/22

9:00-9:45am

No Class Fee

Instructor: Kim White

IN-PERSON

This class is for people who are familiar with the basics of Qi Gong and Tai Chi including proper stance, balance and breathing techniques. With these basics, the class moves into the health and elegance of Qi Gong and Tai Chi movements and poses.

DEMO-WALK WITH EASE

Mon/Tue/Thu

5/2/22, 5/3/22, & 5/5/22

9:00-10:00am

No Class Fee

Facilitator: Roberta Faulkner

IN-PERSON

This program will help participants understand the 4 main types of arthritis. Participants will learn benefits of walking for someone afflicted with arthritis. This course is a great starting point for anyone who would like to begin walking as a way to relieve pain from arthritis. Participants who sign up for this evidenced-based program are encouraged to meet at the Center on Monday, Tuesday, and Thursday to walk the paths around Lake Willastein along with other participants in the program. Everyone is encouraged to walk at his or her own pace. Benefits of this program include:

- Decreased pain
- Improved physical ability
- Increased strength
- Improved balance

DEMO TAI CHI QI GONG, BASICS FOR WELLNESS

Mon/Wed/Fri

5/2/22, 5/4/22, & 5/6/22

10:45-11:30am

No Class Fee

Facilitator: Sybil Babington

IN-PERSON

This class is great for people with physical challenges of all kinds. Gentle exercises may be done seated or standing to improve flexibility, range of motion, balance & muscle strength. We will focus on improving body alignment and abdominal breathing to enhance wellness.

DEMO-CHAIR YOGA

Tue/Thu

5/3/22 & 5/5/22

9:00-9:45am

No Class Fee

Facilitator: Staff or Volunteer

IN-PERSON

A class that teaches the benefits of quiet stretching and joint movements. Class will utilize video and internet instruction.

DEMO-STRENGTH TRAINING

Mon/Wed/Fri

5/2/22, 5/4/22, & 5/6/22

11:00-11:45am

No Class Fee

Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

IN-PERSON AND ONLINE

Join this class and be on your way to better health. This class is designed to increase muscle tone, bone strength, and reduce the signs and symptoms of chronic disease. Workouts are done with light weight and a chair.

DEMO QI-GONG, 5 ELEMENT HEALING MOVEMENTS

Tue/Thu

5/3/22 & 5/5/22

10:00-10:45am

No Class Fee

Facilitator: Sybil Babington

IN-PERSON

This gentle Spring Forest Qi Gong is recommended for anyone dealing with any chronic condition, needing extended rehab and as stress management. (Especially for care givers) It can release blockages and realign the total body through the mind, spirit, physical body, mental, emotional, and spiritual bodies to enhance wellness.



Support YOUR CENTER! We have both short sleeve and long sleeve shirts available for purchase. Prices posted above.

DEMO-GENTLE YOGA WITH JOY

Tue/Thu

5/3/22 & 5/5/22

11:00-11:45am

No Class Fee

Instructor: Joy Reed

IN-PERSON AND ONLINE

Relieve tension and safely increase mobility in Gentle Yoga, a class for beginning and advanced practitioners alike. It's an excellent introduction for those who have never tried yoga before. The focus is on gentle stretching, deep breathing, and stress relief. All poses are performed seated or lying down. Class length is 45-minutes. Wear comfortable clothing that allows for free movement. Students will need to bring their own mats, straps, blankets and bolster.

DEMO-SBE STRETCH-BALANCE-FLEXIBILITY

5/3/22 & 5/5/22

1-1:30pm

No Class Fee

Facilitator: Beata Lovelace

IN-PERSON

This beginners to Intermediate class sitting and standing stretch workout for seniors covering everything you need to get stronger, fitter, improve your balance, flexibility and more! It is a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility.

DEMO-ROCK'N BALL CLASS

Fri

5/6/22

7:00-7:30am

No Class Fee

Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

IN-PERSON AND ONLINE

Join Jenny C, a CPT, CGFI and Senior Exercise Specialist. Rock'N Cardio is a fun beginner level class for individuals to build up cardio and muscular endurance, strength, coordination and mobility. The class will use the ball as our "drum" and we'll get our bodies moving and grooving to the best hits of the decades.

MAUMELLE CENTER ON THE LAKE

MURRAY'S DINNER PLAYHOUSE

Wednesday, 5/11/22

10:00AM-2:00PM

facilitator: Roberta Faulkner

Requires Registration

Cost: \$37

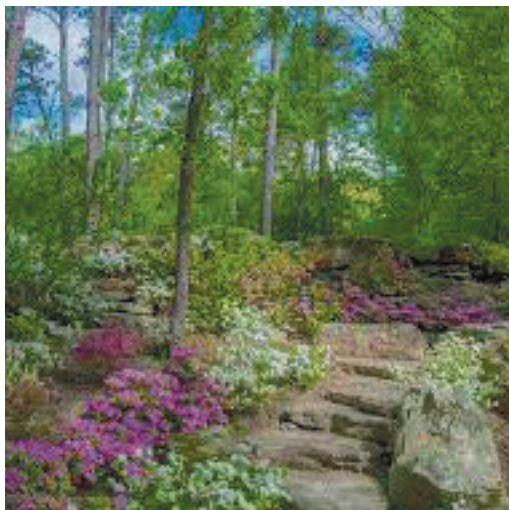
Includes Show, Lunch, and Van Cost

Wednesday Matinee: "Deliver Us From Mama" Mama's back—so chaos can't be far behind! This rip-roaring, hilarious, high-octane race to beat the stork begins when Walker's wife, Hayley, goes into labor with their first child. The problem? She's in Alabama, and he is in L.A. But Walker's Mama will NOT miss the birth of her first grand baby and has a plan to get them there, no matter what it takes! Shuttle will leave the center at 10:00 am.

Lunch is served from 11:00-12:40 and the show begins at 12:45pm. Show and lunch cost \$37.00. Lunch price includes meal and Tea. \$5 Van fee. Minimum: 10 Maximum: 22



GARVAN WOODLAND GARDENS



Friday, 5/27/22

9:00AM-3:00PM

Facilitator: Roberta Faulkner

Requires Registration

Cost: \$12 for van fee

Bring \$15 for admission fee + extra \$ or lunch at the Chipmunk Cafe

Garvan Woodland Gardens, nestled in the picturesque Ouachita Mountains. May blooms: Roses, azaleas, iris, wildflowers and much more. We will be touring the Gardens via a docent guide. (Golf cart rides available, \$15 per person. 1st come 1st serve). Bring money to eat in the Chipmunk Cafe, menu available on-line. Van will leave the center at 9:00am and will return no later than 3:00pm.

\$10 van fee + \$2 docent fee

Bring \$15 for admission fee and money for lunch at the Chipmunk Cafe.

Minimum: 7 Maximum: 22

DEMO-TABATA

Tue/Wed/Thu

5/3/22, 5/4/22 & 5/5/22

3:00-3:45pm

No Class Fee

Instructor: Trish Hogan, Certified Tabata Boot Camp Instructor

IN-PERSON & ONLINE

This class is based on High, Intensity, Interval Training(HIIT). This HIIT training will help deliver amazing body transformation results! The class is a 3 day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost.

When it comes to our health we are bombarded with so much conflicting information, particularly when it comes to strength training.

As the instructor, strength training and cardio have been a way of life for me since I was in my late 20's (I am 54 now) other than some aging skin and a few more laugh lines, I look the same as I did 30 years ago, muscular and toned. In this class I want to share with you some of the wonderful benefits that I have experienced from strength training, cardio, and diet regularly most of my life.

*Bone Density

*Aesthetics

*Testosterone Levels

*Energy

*Balance

*Mood

DEMO-SCRABBLE

Thursday, 3/3/22

1:00-4:00pm

No Class Fee

Facilitator: Linda Tharp

IN-PERSON

This is a word game using tiles with letters to form words in crossword fashion to score points. A great way to strengthen your memory and make new friends!

DEMO-WII BOWLING

Mon/Wed/Fri

5/2/22, 5/4/22, & 5/6/22

12:00-3:00pm

No Class Fee

Facilitator: June Whyte

IN-PERSON

Wii bowling is similar to normal bowling. The player attempts to knock down 10 pins with a ball controlled by motion and hand-held device. Lots of fun without the heavy ball!

DEMO-PITCH CARD GAME

Mon/Wed/Fri

5/2/22, 5/4/22 & 5/6/22

1:45-3:45pm

No Class Fee

Facilitator: Larry Egger

IN-PERSON

Pitch is a game of English origin and dates back to the 17th century. There are many versions of Pitch, and while the rules have changed greatly over the years, the essential feature has always been the scoring of high, low, jack, and the game.

DEMO-BEAN BAG BASEBALL

Mon/Wed/Fri

5/2/22, 5/4/22, & 5/6/22

12:00-1:30pm

No Class Fee

Facilitator: Jean Dutton

IN-PERSON

Friendly practice BBB games for team members to hone their skills. New members are welcome.

DEMO-DOMINOES

Mon/Thu

5/2/22 & 5/5/22

1:00-4:00pm

No Class Fee

Facilitator: Russ Gottschalk

IN-PERSON

This is a fun and competitive game played with rectangular tiles.

DEMO-CANASTA "PLUS"

Mon/Wed

5/2/22 & 5/4/22

12:00-2:30pm

No Class Fee

Facilitator: Mary Jo Cline

IN-PERSON

In Canasta "Plus" we will play fun Canasta card games "plus" we may play other interesting card games. Come join the fun on Mondays and Wednesdays!

DEMO-BEGINNING MAH JONGG

Thursday, 5/5/22

1:00-4:00pm

No Class Fee

Facilitator: Shelia Young

IN-PERSON

American Mah Jongg is a tile game in which you match tiles to fit a pattern on an American Mah Jongg card. Participants will need to purchase their own card. A new card must be purchased each year.

DEMO-BRIDGE GROUP

Tue/Fri

5/3/22 & 5/6/22

12:00-2:30pm

No Class Fee

Facilitators: Sue Hylton

IN-PERSON

The ladies and gentlemen in Bridge Group have a great time! All skill levels are invited to attend, and one-on-one assistance is offered, if Needed. Up to 40 people may register to sign up for session. There can be up to 20 participants each day. Play will be available on a first come, first serve basis.

BONUS WEEK

DEMO-DULCIMER JAM

Thursday, 5/5/22

12:30-2:00 pm

No Class Fee

Facilitators: Don and Diane Johnson

IN-PERSON

The Center's Dulcimer group meets to work on techniques and learn new tunes. Newcomers are welcome. You must have your own dulcimer and know the basics. Other acoustic instruments are welcome.

DEMO-KNIT AND CROCHET CIRCLE

Wed, 5/4/22

10:00-11:30am

No Class Fee

Facilitator: Nancy Desmarais

IN-PERSON

For those who enjoy knitting and/or crocheting- this is an opportunity for you to get together to socialize while working on your own project, or joining some of the group making and donating hats and shawls for chemo patients. All levels, from beginners to experts are welcome

DEMO-BEGINNING LINE DANCING

Thursday, 5/5/22

12:00-12:45pm

No Class Fee

Instructor: Georgia Smith

IN-PERSON

Easy line dances such as Cupid Shuffle, Electric Slide, etc.

DEMO-INTRODUCTION TO SELF DEFENSE

Tuesday, 5/3/22

9:00-10:00AM

Requires Registration

No fee for demo class

Instructor: Diana Strong

IN-PERSON EVENT

This empowering class teaches basic yet EFFECTIVE self-defense techniques, coupled with situational and assertiveness training.

Get a great workout increasing your strength, endurance and conditioning while learning potentially, life saving techniques.

This class is designed for all ages and abilities. Never feel powerless to protect yourself again.

Sign up today to become empowered to own your personal protection.

DEMO-ADVANCED LINE DANCING

Tuesday, 5/3/22

No Class Fee

6:30-7:45pm

IN-PERSON

Come try a line dancing class! Learn 20 plus line dances at an intermediate level. A great way to socialize while getting in your exercise.

MEN'S CLUB-REEDS BRIDGE BATTLEFIELD PARK

Saturday, 5/14/22

9:30-12:30pm

Facilitator: David Hodges

Reeds Bridge Battlefield Park -

Jacksonville, AR

Admission: Free

Van fee is \$7.00

-Sign up at Maumelle Center on the Lake front desk.

Van leaves the Center at 9:30am.

Bring money for lunch and Van Fee

MENS'S CLUB-G&S GUN SHOW

Saturday, 6/11/22

9:30-12:30pm

Facilitator: Jim Payseno

G & S Gun Show, Conway, AR

Van fee is \$6.00

-Sign up at Maumelle Center on the Lake front desk.

Van leaves the Center at 9:30am.

Bring money for admission, lunch and van fee.

MOTOR COACH TRIP TO SAVANNAH UPDATE!

NOW ACCEPTING WAIT-LIST REGISTRATIONS

The Center received such great feedback re: upcoming Motor Coach trip to Savannah, Georgia. that we will now be taking 2 buses! We have a limited number of SEATS that are opening up for this trip. So if you missed the first deadline, you may still have an opportunity to travel on this trip!

This will be the maiden Motor Coach voyage for Maumelle Center on the Lake. Any revenue raised on this trip will be used to meet the match for the City of Maumelle for events and activities in the 2022 revenue budget. The City graciously covers cost for Center and staff to run Center and staff are asked to meet revenue budgets to assist in cost.

Contact Roberta Faulkner to receive more information and to register for the Wait-list on this upcoming, fun-filled trip!



ALL ABOARD!

NOW ACCEPTING WAIT-LIST REGISTRATIONS!

TRIP WILL BEGIN ON JUNE 5TH AND RETURN JUNE 11TH

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VIRTUAL CLASSES

DIRTY THIRTY-VIRTUAL CLASS

Weekdays

5/9/22-7/2/22

5:15-6:00am

Gold Member: No Class Fee

Silver Member: \$50.00

Instructor: Misti Sweere

Exercise with Misti to improve your health and well-being! This 45-minute, in-person class will meet Monday through Friday featuring floor work, weights, cardio, balance, and stamina. Get ready to work hard and feel great! This class will have modifications but is designed for moderate to advanced exerciser. Class members are highly encouraged to take class Monday through Friday for best results. Gold members may register at no cost, as space allows.

LIT (LOW IMPACT TRAINING)-VIRTUAL CLASS

Weekdays

5/9/22-7/2/22

8:00-8:45am

Class Fee-\$5.00

Facilitator: Nicole Vogler

Cardio Dance Monday, Wednesday, and Friday combining traditional aerobic routines with dance-based choreography. No experience necessary; just a love of movement and upbeat music! Tuesday and Thursday class format involves HIIT and Tabata Training for Seniors. Instructor will also show modifications of exercises.

ROCK'N BALL-VIRTUAL CLASS

Fri

5/13/22-7/01/22

7:00-7:30am

Gold Members- \$15.00

Silver Members-\$25.00

Instructor: Jenny Corbusier

Join Jenny C, a CPT, CGFI and Senior Exercise Specialist. Rock'N Cardio is a fun beginner level class for individuals to build up cardio and muscular endurance, strength, coordination and mobility. The class will use the ball as our "drum" and we'll get our bodies moving and grooving to the best hits of the decades.

STRENGTH TRAINING-VIRTUAL CLASS

Mon/Wed/Fri

5/09/22-7/01/22

11:00-11:45am

Class Fee-\$45.00

Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

Join Jenny C, a certified instructor and personal trainer, and be on your way to better health. This class is designed to increase muscle tone, bone strength, and reduce the signs and symptoms of chronic disease. Workouts are done with light weight and a chair.

UPPER BODY STRENGTH TRAINING-VIRTUAL CLASS

Mon/Wed

5/9/22-6/29/22

7:00-7:30am

Gold Members-\$25.00

Silver Member-\$35.00

Instructor: Jenny Corbusier

Upper Body Strength Training is a 30 minute class dedicated to building a stronger upper body. Course level ranges from beginner to intermediate.

LOWER BODY STRENGTH TRAINING-VIRTUAL CLASS

Tue/Thu

5/10/22-6/30/22

7:00-7:30am

Gold Members-\$25.00

Silver Members-\$35.00

Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

Lower Body Strength Training is a 30-minute class dedicated to building a stronger lower body and improving balance. This class is for the beginner to intermediate exerciser.

GENTLE YOGA WITH JOY-VIRTUAL CLASS

Tue/Thu

5/10/22-6/30/22

11:00-11:45am

Class Fee-\$45.00

Instructor: Joy Reed

Relieve tension and safely increase mobility in Gentle Yoga, a class for beginning and advanced practioners alike. It's an excellent introduction for those who have never tried yoga before. The focus is on gentle stretching, deep breathing, and stress relief. All poses are performed seated or lying down. Class length is 45 minutes. Wear comfortable clothing that allows for free movement. Please consider bringing your own mats, straps, blankets and bolster.

TABATA BOOTCAMP-VIRTUAL CLASS

Tue/Wed/Thu

5/10/22-6/30/22

3:00-3:45pm

Class Fee-\$40.00

Instructor: Trish Hogan, Certified Tabata Boot Camp Instructor

This class is based on High Intensity Interval Training (HIIT). This HIIT training will help deliver amazing body transformation results! This class is a 3 day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost.

il want to share with you some of the wonderful benefits that I have experienced from strength training, cardio, and diet regularly most of my life.

- *Bone Density
- *Aesthetics
- *Testosterone Levels
- *Energy
- *Balance
- *Mood

WALK WITH EASE-IN PERSON CLASS

Mon/Tue/Thu
5/9/22-6/30/22
9:00-10:00am
Class Fee: \$5.00
Facilitator: Roberta Faulkner

This program will help participants understand the 4 main types of arthritis. Participants will learn benefits of walking for someone afflicted with arthritis. This course is a great starting point for anyone who would like to begin walking as a way to relieve pain from arthritis. Participants who sign up for this evidenced-based program are encouraged to meet at the Center on Monday, Tuesday, and Thursday to walk the paths around Lake Willastein along with other participants in the program. Everyone is encouraged to walk at his or her own pace. Benefits of this program include:

- Decreased pain
- Improved physical ability
- Increased strength
- Improved balance

TAI CHI QI GONG BASICS FOR WELLNESS-IN PERSON CLASS

Mon/Wed/Fri
5/9/22-7/1/22
10:45-11:30am
Class Fee-\$5.00
Facilitator: Sybil Babington

This class is great for people with physical challenges of all kinds. Gentle exercises may be done seated or standing to improve flexibility, range of motion, balance & muscle strength. We will focus on improving body alignment and abdominal breathing to enhance wellness.

QI GONG AND TAI CHI: FOR STRENGTH & MOBILITY-IN PERSON CLASS

Mon/Wed/Fri
5/09/22-7/01/22
9:00-9:45am
Class Fee-\$5.00
Instructor: Kim White

This class is for people who are familiar with the basics of Qi Gong and Tai Chi including proper stance, balance and breathing techniques. With these basics the class moves into the health and elegance of Qi Gong and Tai Chi movements and poses.

STRENGTH TRAINING-IN PERSON CLASS

Mon/Wed/Fri
5/9/22-7/1/22
11:00-11:45am
Class Fee-\$45.00
Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

Join Jenny C, a certified instructor and personal trainer, and be on your way to better health. This class is designed to increase muscle tone, bone strength, and reduce the signs and symptoms of chronic disease. Workouts are done with light weight and a chair.

UPPER BODY STRENGTH TRAINING-IN PERSON CLASS

Mon/Wed
5/09/22-6/29/22
7:00-7:30am
Gold Members-\$25.00
Silver Members-\$35.00
Instructor: Jenny Corbusier

Upper Body Strength Training is a 30 minute class dedicated to building a stronger upper body. Course level ranges from beginner to intermediate.

LOWER BODY STRENGTH TRAINING-IN PERSON CLASS

Tuesday & Thursday
3/8/22-4/28/22
7:00-7:30am
Gold Member: Class Fee 25.00
Silver Members: Class Fee \$35.00
Instructor: Jenny Corbusier

Lower Body Strength Training is a 30-minute class dedicated to building a stronger lower body and improving balance. This class is for the beginner to intermediate exerciser.

CHAIR YOGA-IN PERSON CLASS

Every Tue/Thu
5/9/22-6/30/22
9:00-9:45am
Class Fee-\$5.00
Facilitator: Staff or Volunteer

A class that teaches the benefits of quiet stretching and joint movements. This class will utilize video and internet instruction.

TABATA BOOTCAMP-IN PERSON CLASS

Tue/Wed/Thu
5/10/22-6/30/22
3:00-3:45pm
Class Fee-\$40.00
Instructor: Trish Hogan, Certified Tabata Boot Camp Instructor

This class is based on High Intensity Interval Training (HITT). This HITT training will help deliver amazing body transformation results! This class is a 3 day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost.

I want to share with you some of the wonderful benefits that I have experienced from strength training, cardio, and diet regularly most of my life.

- *Bone Density
- *Aesthetics
- *Testosterone Levels
- *Energy
- *Balance
- *Mood

ROCK'N BALL-IN PERSON CLASS

Fri
5/13/22-7/1/22
7:00-7:30am
Gold Member: Class Fee \$15.00
Silver Members: Class Fee 25.00
Instructor: Jenny Corbusier, Certified Instructor and Personal Trainer

A fun beginner level class for individuals to build up cardio and muscular endurance, strength, coordination and mobility. The class will use the ball as our "drum" and we'll get our bodies moving and grooving to the best hits of the decades.

FITNESS

LEARN HOW TO USE GYM EQUIPMENT-IN PERSON EVENT

Every Tue
5/10/22-6/28/22
9:00-10:00am

Drop-in event, free for members
Instructor: Volunteer

Do you want to work out but don't know how to use the equipment in the Carnahan Room? Stop by and be on your way to working out and feeling great! Tuesdays- Meeting dates are November 9, 16, 23, 30 and December 7, 14, 21, 28. A volunteer will be available on a first-come, first-serve basis from 9 am to 10 am.

QI GONG 5 ELEMENT HEALING MOVEMENTS-IN PERSON CLASS

Tue/Thu
5/10-22-6/30/22
10:00-10:45am

Class Fee: \$5.00
Facilitator: Sybil Babington

This class is great for people with physical challenges of all kinds. Gentle exercises may be done seated or standing to improve flexibility, range of motion, balance & muscle strength. We will focus on improving body alignment and abdominal breathing to enhance wellness.

SBE STRETCH-BALANCE-FLEXIBILITY-IN PERSON CLASS

Tues/Thurs
5/10/22-6/30/22
1:00-1:30PM

Class Fee: \$25
Instructor: Beata Lovelace

This beginners to Intermediate class sitting and standing stretch workout for seniors covering everything you need to get stronger, fitter, improve your balance, flexibility and more! It is a total body workout with a focus on strengthening the core and limbs while amplifying the body's movement through stretch, improving overall balance, posture, muscle tone and mobility.

GENTLE YOGA WITH JOY-IN PERSON CLASS

Tue/Thu
5/10/22-6/28/22
11:00-11:45am
Class Fee-\$45.00
Instructor: Joy Reed

Relieve tension and safely increase mobility in Gentle Yoga, a class for beginning and advanced practitioners alike. It's an excellent introduction for those who have never tried yoga before. The focus is on gentle stretching, deep breathing, and stress relief. All poses are performed seated or lying down. Class length is 45 minutes. Wear comfortable clothing that allows for free movement. Please consider bringing your own mats, straps, blankets and bolster.

YOGA ON A BALL-IN PERSON CLASS

Mon/Wed
5/09/22-6/29/22
8:45-9:30am
Class Fee-\$5.00
Instructor: Jeanie Pierson

Yoga on a Ball blends ancient yoga techniques with a total body workout using an exercise ball that encourages muscle sculpting and deep breathing. This creates a rejuvenating flow of energy that leaves you feeling strong and centered. Yoga for all ability levels - low impact, body strengthening and toning - great for balance. Course level is beginner to intermediate with modifications given.

LIT (LOW IMPACT TRAINING)-IN PERSON CLASS

Weekdays
5/09/22-7/01/22
8:00-8:40am
Class Fee: \$5.00
Instructor: Nicole Vogler

Cardio Dance Monday, Wednesday, and Friday combining traditional aerobic routines with dance-based choreography. No experience necessary; just a love of movement and upbeat music! Tuesday and Thursday class format involves HIIT and Tabata Training for Seniors. Instructor will also show modifications of exercises.

TABATA BOOTCAMP-IN PERSON CLASS

Every Tue/Wed/Thu
3/8/22-4/28/22
3:00-3:45pm
Class Fee-\$40.00
Instructor: Trish Hogan, Certified Tabata Boot Camp Instructor

This class is based on High Intensity Interval Training (HIIT). This HIIT training will help deliver amazing body transformation results! This class is a 3 day a week, total body workout that focuses on lower body, upper body, and core; providing cardio and strength. This class is a calorie drenching workout and post metabolic boost.

I want to share with you some of the wonderful benefits that I have experienced from strength training, cardio, and diet regularly most of my life.

- *Bone Density
- *Aesthetics
- *Testosterone Levels
- *Energy
- *Balance
- *Mood

DIRTY THIRTY-IN PERSON CLASS

Weekdays
5/09/22-7/01/22
5:15-6:00am
Gold member fee: \$0
Silver member fee: \$50
Instructor: Misti Sweere

Exercise with Misti to improve your health and well-being! This 45-minute, in-person class will meet Monday through Friday featuring floor work, weights, cardio, balance, and stamina. Get ready to work hard and feel great! This class will have modifications but is designed for moderate to advanced exerciser. Class members are highly encouraged to take class Monday through Friday for best results.

LIFETIME LEARNING & YOUR HEALTH MATTERS

WATERCOLOR LANDSCAPES PAINT-ALONG

Tue
5/10/22-6/28/22
9:30-11:30am
Class Fee: \$50.00
Facilitator: David Paul Cook

Whether you are a veteran painter, leisure painter or novice watercolorist, this is an opportunity to paint. Learn, step-by-step, to paint barns, trees, water, skies and more. A landscape drawing will be provided for the class to paint each week. The instructor will demonstrate each step for you to paint along. Supply list provided.

WATERCOLOR WITH THE PROS

Tue
5/10/22-6/28/22
12:30-2:00pm
No Class Fee
Facilitator: Barbara Soden

Watercolor printing with on-line artists. All participants must have their own supplies and equipment.

KNIT AND CROCHET CIRCLE-IN PERSON EVENT

Wed
5/11/22-6/29/22
10:00-11:30am
No Class Fee
Facilitator: Nancy Desmarais

For those who enjoy knitting and/or crocheting- this is an opportunity for you to get together to socialize while working on your own project, or joining some of the group making and donating hats and shawls for chemo patients.

WALK LAKE WILLASTEIN WITH ARBORIST HAROLD FISHER

Monday, 5/09/22
10:30-12:00pm
Harold Fisher
Arborist, Arkansas Dept. of Agriculture
Forestry Division
No Class Fee

If you have ever walked the trails on Lake Willastein you know there are many different types of trees, plants and animals that make up the ecosystem right here in our town. We are offering a Field Trip with Harold A. Fisher, an Arborist, with the Arkansas Department of Agriculture Forestry Division. During the height of fall foliage, he will take us on a leisurely walk through lake Willastein and will identify the many types of trees that exist in the park. Join us on this fun hour-long adventure right here in our backyard in Maumelle.

GRIEF SUPPORT FOR BEREAVED-IN PERSON EVENT

Tue
5/10/22-6/28/22
10:00-11:30am
No Class Fee
Facilitator: Dr. Mary Ann Stafford

Grief is a normal reaction to a major loss; whether death, divorce, dementia, or other. Learning about the mourning process and being able to tell our story to others who are also grieving, eases the pain and may even shorten the healing time. All discussions are confidential.

FREE PHYSICAL THERAPY ASSESSMENTS WITH KENT CHARLES-IN PERSON EVENT

5/10/22 & 6/14/22
12:00-1:00pm
Facilitator: Kent Charles, PT, DPT
Requires pre-registration!

Kent will be providing free physical therapy assessments for anyone with back pain, neck pain, shoulder pain, elbow/wrist pain, hip pain, knee pain, foot/ankle pain or gait/balance/falls deficits. There will be 4 appointments for 15 minutes for each session.

GENERAL HOME MODIFICATIONS FOR AGING IN PLACE

Monday, 6/06/22
10:00-11:00am
Presented by Lauren Harper,
Occupational Therapy Doctoral
Student at UCA

This workshop is designed to use current resources to aid older adults in general home modifications needed to age in place safely and successfully. This class will cover possible modifications in the kitchen, bathroom, living room, and entry to the home.

FALL PREVENTIONS: STRENGTHEN YOUR BODY, MODIFY YOUR HOME

Wednesday, 6/08/22
8:30-9:30am
Presented by Lauren Harper
Occupational Therapy Doctoral
Student at UCA

Presentation is designed to educate older adults on risk factors for falls and provide exercises and tips to modify their home to reduce falls. This presentation will include risk factors to consider and re-evaluate on a yearly basis. This class will include a 20 minute evidence-based fall prevention exercise program that participants can complete at their homes to promote strength, dynamic, static balance, and endurance. We will also discuss simple ways to modify the home environment to reduce risks of falls.

DULCIMER JAM

Thurs
5/12/22-6/30/22
12:30-2:00pm
No Class Fee
Facilitators: Don and Diane Johnson

The Center's Dulcimer group meets to work on techniques and learn new tunes. Newcomers are welcome. You must have your own dulcimer and know the basics. Other acoustic instruments are welcome.

JUST FOR FUN

BEAN BAG BASEBALL-IN PERSON EVENT

Mon/Wed/Fri

5/9/22-7/1/22

12:00-1:30pm

No Class Fee

Facilitator: Jean Dutton along with Jim and Sharon Butler

Friendly practice BBB games for team members to hone their skills. New members are welcome.

CANASTA "PLUS"- IN PERSON

Mon/Wed

5/9/22-6/29/22

12:00-3:00PM

No Class Fee

Facilitator: Mary Jo Cline

Come join the Fun. Sign up and come play Canasta "Plus" on Mondays and Wednesdays. We play different forms of canasta card games.

Wii BOWLING-IN PERSON EVENT

Mon/Wed/Fri

5/9/22-7/1/22

12:00-3:00pm

No Class Fee

Facilitator: June Whyte

Wii bowling is similar to normal bowling. The player attempts to knock down 10 pins with a ball controlled by motion and hand-held device. Lots of fun without the heavy ball!

SEWING CIRCLE-IN PERSON EVENT

Thurs

5/10/22-5/28/22

9:30pm-12:00pm

No Class Fee

Facilitator Anne Moreno

Quilting, domestic, clothing, and alterations. Participants can bring their own machines but there are some available if needed

DOMINOES-IN PERSON EVENT

Mon/Thu

5/9/22-6/30/22

1:00-4:00pm

No Class Fee

Facilitator: Russell Gottschalk

Dominoes is a fun and competitive game played with rectangular tiles.

PITCH CARD GAME-IN PERSON EVENT

Every Mon/Wed/Fri

3/7/22-4/29/22

1:45-3:45pm

No Class Fee

Facilitator: Larry Egger

Pitch is a game of English origin and dates back to the 17th century. There are many versions of Pitch, and while the rules have changed greatly over the years, the essential feature has always been the scoring of high, low, jack, and the game.

BEGINNING MAH JONGG-IN PERSON EVENT

Thursdays

5/12/22-6/30/22

1:00-4:00pm

No Class Fee

Facilitator: Shelia Young

American Mah Jongg is a tile game in which you match tiles to fit a pattern on an American Mah Jongg card. Participants will need to purchase their own card. A new card must be purchased each year. ATTENDANCE AT THE FIRST CLASS IS MANDATORY.

SCRABBLE-IN PERSON EVENT

Thursdays

5/12/22-6/30/22

1:00-4:00pm

No Class Fee

Facilitator: Linda Tharp

This is a word game using tiles with letters to form words in crossword fashion to score points. A great way to strengthen your memory and make new friends!

BRIDGE GROUP-IN PERSON EVENT

Tue/Fri

5/10/22-6/28/22

12:00-2:30pm

No Class Fee

Facilitators: Sue Hylton

The ladies and gentlemen in Bridge Group have a great time! All skill levels are invited to attend, and one-on-one assistance is offered, if needed. Up to 40 people may register to sign up for session. There can be up to 20 participants each day. Play will be available on a first come, first serve basis.

BEGINNING LINE DANCING

Thu

5/12/22-6/30/22

12:00-12:45pm

Instructor: Georgia Smith

Class fee: \$5.00

Easy line dances such as Cupid Shuffle, Electric Slide, etc.

ADVANCED LINE DANCING

Tuesdays

5/10/22-6/28/22

6:00-7:45pm

Gold members-\$5.00

Silver members-\$15.00

Instructor: Nancy Dwidelith

Come try a line dancing class! Learn 20 plus line dances at an intermediate level. A great way to socialize while getting in your exercise.

INTRO TO SELF DEFENSE

Tuesdays

5/10/22-6/28/22

9:00-10:00AM

Cost: \$98.00

Instructor: Diana Strong

This empowering class teaches basic yet EFFECTIVE self-defense techniques, coupled with situational and assertiveness training.

Get a great workout increasing your strength, endurance and conditioning while learning potentially, life saving techniques.

This class is designed for all ages and abilities. Never feel powerless to protect yourself again.

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MAY

VOLUNTEER OF THE MONTH, CHESTER OMBRIMSKI



Our volunteer for the month of May is Chester Ombrimski. Married to his lovely wife Linda for 43 years. Together they have one son James, 3 grandchildren and two great grands. Their move to Maumelle allowed Chester to finish out his career at Family Life. In his spare time Chet loves to fish and golf. He especially loves to fish for trout along the Red River. When he's not fishing or golfing he is an active member of First Baptist Church of Maumelle, active with the youth and the elder, teaching JAM (Jesus and Me) and leading an adult bible study. And we cannot forget those Westerns, John Wayne one of his favorites. When you see him up here working out tell him thanks for all those rides and shuttles he's completed. We appreciate all that you do for us Chester!

JUNE

VOLUNTEER OF THE MONTH, KATHY RUTH PLASTER



Our volunteer for the month of June is Kathy Ruth Plaster. Originally from Newport, Arkansas Kathy moved to Maumelle over twenty years ago so she defiantly has a heart for our community. Having a Masters in biology she taught Hematology at ASU in Jonesboro where she retired from. When Kathy isn't volunteering with us she enjoys pickle ball and golf. She is on several women's leagues in the Maumelle area so you may know her from one of these leagues. When you see Kathy in the café tell her thanks for serving up those hot meals.

Appreciative of your time Kathy.

Docents

Monday afternoons (1-4)

Tuesday afternoons (1-4)

Wednesday afternoons (1-4)

Café

Early Bird Prep Cook (6:30-9)

Monday -Friday

Lunch Prep Cook (7:30-10:30)

Monday-Friday

Salads –Monday, Tuesday, Thursday 9:15-11:00

Desserts- Monday, Tuesday, Thursday 9:15-11:00

Dishwashers

Tuesday-Friday Afternoon dishwasher 11-1:30

Porters for breakfast and lunch

8:00-10:00 & 11:00-1:00

Servers for breakfast and lunch

8:00-10:00 & 11:00-1:00

Transportation

Monday through Friday

Medical Drivers

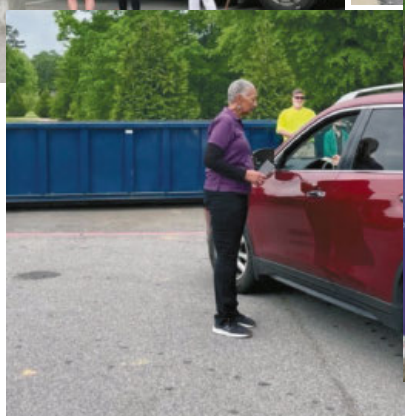
Van Buddies

Shuttle

Field Trips



We love our volunteers and we hope that you will join us! Please contact Kim White, Coordinator of Volunteers for more information. KWhite@Maumelle.org, call (501) 851-4344 or stop by the front desk!



Counting on Each Other

FIND A TREASURE



406 EDGEWOOD DR.

In the Rear Lower Level

**SALES ARE HELD 1ST & 3RD
SATURDAYS OF EACH
MONTH**

Indoor Shopping of NEW & USED Merchandise

HOURS 8AM - 2PM



.....
For Information Contact

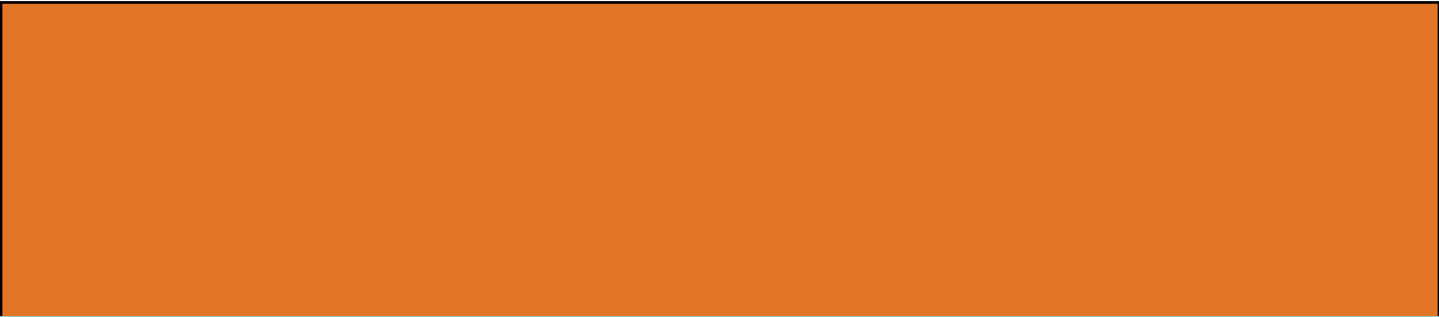
Lawanda 681-4239 or Nila 539-0140

All proceeds benefit Counting on Each Other, Inc.
a non-profit benefiting Senior citizens in our community.

406 Edgewood Dr. Maumelle, AR 72113

**2022 CITY OF MAUMELLE HOLIDAYS OBSERVED
MAUMELLE CENTER ON THE LAKE WILL BE CLOSED ON THE FOLLOWING DATES**

- * **New Years, December 31st, 2020**
- * **MLK Day, January 17th**
- * **President's Day, February 21st**
- * **Memorial Day, May 30th**
- * **Juneteenth, June 20th**
- * **Independence Day, July 4th**
- * **Labor Day, September 5th**
- * **Veterans Day, November 11th**
- * **Thanksgiving, November 24th & 25th**
- * **Christmas, December 23rd & 26th**



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Kathleen.Pursell@dhs.arkansas.gov

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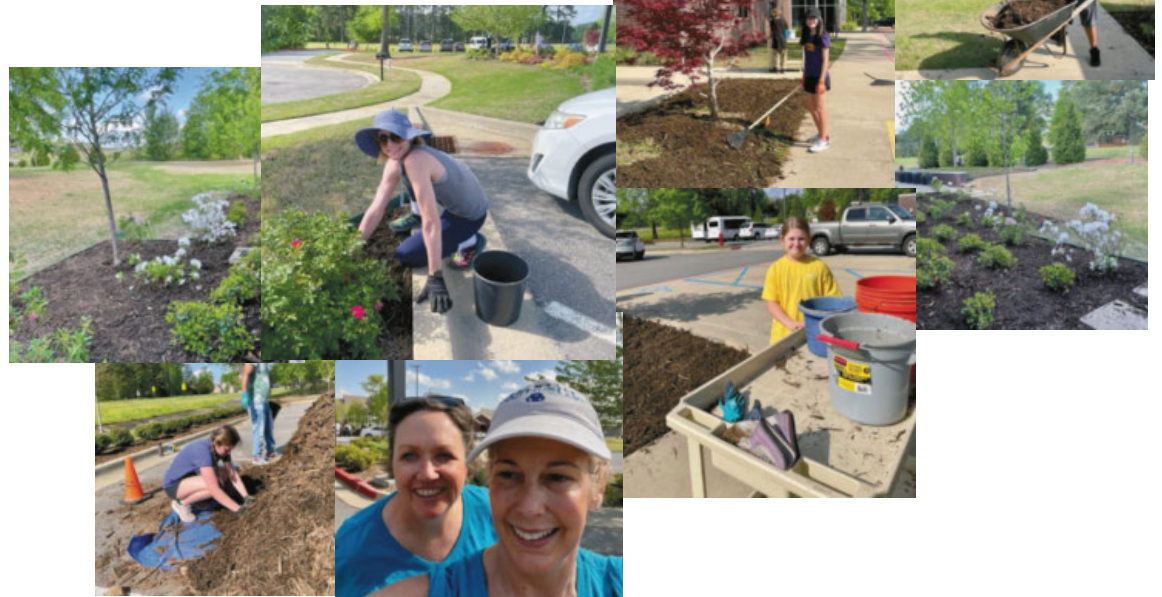
volunteer
do good, feel good

Arkansas
SMP
Senior Medicare Patrol



VOLUNTEERS AT THE CENTER.....

Volunteers below gave up a Saturday to mulch landscaped areas of the Center. More than 43 volunteers answered the call and were assisted staff by adding mulch to all landscaped areas of the Center. Much thanks to volunteer groups from Fellowship Bible Church-Maumelle, Maumelle Charter School, City of Faith and staff who gave their time to complete the project. Jenny C. and kids joined the fun too!



HOMEBOUND VISITATION

We need your help for upcoming event to visit our seniors who are homebound in Maumelle area. Please nominate individuals who you feel could use a friendly visit by giving their contact information at either the Front Desk of Maumelle Center on the Lake or by sending email to SeniorServices@Maumelle.org. We will need their name, address, and phone number to set up a friendly visit and floral delivery.

We also need volunteers to make this event a success! Please see below

Volunteers Needed

- *Floral Assistants to make bouquets
- *Delivery flowers to homebound-up to 5 bouquets/visits per person
- *Assistants to pass out bouquets on day of event

Event will take place May 13th. Volunteers will be given up to 5 bouquets for friendly visits. Pickup for bouquets to begin at 9am and end at 1:00pm from Maumelle Center on the Lake. Please nominate seniors who could use a friendly visit! Contact Nicole for more information.



MAUMELLE PARKS AND
RECREATION PRESENTS:

4TH FEST PARADE

PARADE SPONSORED BY:



Parade Starts at 4:30pm

At the corner of Audubon Drive and Millwood Circle

THEME: AMERICA THE BEAUTIFUL

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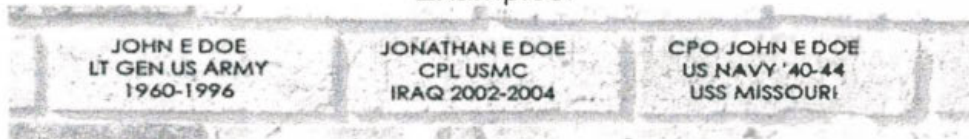
MAUMELLE VETERANS MEMORIAL
Lake Willastein City Park

COMMEMORATIVE BRICK ORDER FORM

Bricks will be placed in the
Pathway of Honor

THE PURPOSE OF THE BRICK IS TO HONOR THE NAME AND
BRANCH OF SERVICE OF OUR NATION'S VETERANS*.
ENGRAVING ALLOWS FOR THREE LINES, FOURTEEN CHARACTERS
PER LINE (SPACES COUNT AS CHARACTERS).

Examples:



line 1	1	2	3	4	5	6	7	8	9	10	11	12	13	14
line 2	1	2	3	4	5	6	7	8	9	10	11	12	13	14
line 3	1	2	3	4	5	6	7	8	9	10	11	12	13	14

Your name: _____
Phone Number: _____
Please attach a check in the amount of \$100 (tax deductible) payable to:
Maumelle Veterans Memorial Committee
Mail to: MVMC, P.O. Box 13334, Maumelle, AR 72113
Contact: Ron Milazzo, Finance Committee: 501-944-3954

Brick purchases honoring a civilian donor are welcomed and will pave a
pathway into the memorial.

Center On The Lake Newsletter

ATTENTION MAUMELLE AREA NON-PROFITS AND/OR COMMUNITY GROUPS

Do you have Maumelle area non-profit or community group announcements that you would like included in the Spotlight, Maumelle Center on the Lake's newsletter? Please send electronic submissions in either jpeg or pdf to Seniorservices@maumelle.org. Please send a minimum of 2 months in advance. Announcements will be placed as space allows.

NOTICE OF NON-DISCRIMINATION POLICY

The City of Maumelle complies with all civil rights provisions of federal statutes and related authorities that prohibit discrimination in programs and activities receiving federal financial assistance. Therefore, the City of Maumelle does not discriminate on the basis of race, sex, color, age, national origin, religion, religion or disability, Limited English Proficiency (LEP), or low-income status in the admission, access to and treatment in the City of Maumelle's programs and activities, as well as the City of Maumelle's hiring or employment practices. Complaints of alleged discrimination and inquiries regarding the city of Maumelle's nondiscrimination policies may be directed to Doreen Mattes. (Title VI Coordinator), Director of Human Resources, (501) 851-2500 ext. 233, (Voice/TTY711), or the following email address: HR@maumelle.org (ADA/504 Coordinator), (501) 851-2500. Free language assistance for Limited English Proficient individuals is available upon request. This notice is available from the ADA/504/Title VI Coordinator in large print, on audiotape and in Braille.



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OF SENIOR SERVICES**

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NEWSLETTER FOR SENIOR SERVICES

The Spotlight