



## Wellness 101

THIRD THURSDAYS, 3 P.M., STUDIO C

This monthly educational program features a variety of health and wellness topics presented by our very own wellness team. Each session will explore different wellness topics and provide simple, practical takeaways you can use to *live life well*.

## DON'T MISS A THING!

- Group fitness classes
- Aquatics programs
- Educational workshops
- Wellness challenges
- Social gatherings and special events

Scheduled classes and activities are posted on MyWCR under Activities. To see a full list of all our activities, go to MyWCR, click on Activities, then in the search box type Wellness. New events and activities added regularly. You may also visit the Vital Living Center for monthly calendars and updates. We look forward to supporting your wellness journey this spring!

## Let's Get Started

Your Wellness Team is excited to meet you and show you around the Vital Living Center! Whether you're just starting your fitness journey or looking to maintain your active lifestyle, we are here to help you feel your best every day.

**CALL 264-6569** to schedule a Fitness and Aquatics Center Orientation and complete the paperwork. Signed paperwork is required before use of facilities.

After orientation and paperwork are complete, you are invited to join us for any of our offerings or make use of the facilities on your own. Regularly scheduled classes do not require registration. Classes close to admittance once they reach capacity.

**FITNESS CENTER**  
OPEN 24/7

**AQUATIC CENTER**  
OPEN 7 DAYS A WEEK

*Supervised:*

Monday - Friday, 8 a.m. - 3:30 p.m.

*Unsupervised:*

Daily from 6-8 a.m. and 3:30-8 p.m.

**WESTMINSTER  
CANTERBURY**  
RICHMOND

LIVE  
LIFE  
WELL.™

WESTMINSTER CANTERBURY RICHMOND

# Wellness

## SERIES

APRIL - JUNE 2026

# Spring into Wellness

Longer days and warmer weather make this the perfect time to refresh your routines and focus on your health and wellness. Join us this season as we move more, connect with others, and prioritize whole-body wellness. Each month highlights a special theme along with simple tips to help you feel your best. Details about our Featured Events, will be shared on MyWCR under Activities, and in *The Westminster Canterbury Tales*. You may also visit the Vital Living Center for monthly calendars and updates. We look forward to supporting your wellness journey this spring!

## APRIL

### *Move More, Stress Less*

NATIONAL STRESS AWARENESS MONTH  
PARKINSON'S AWARENESS MONTH • FOOT HEALTH  
Spring is a time to reset. Reducing stress and increasing daily movement can improve mood, sleep, and overall well-being.

#### WELLNESS TIPS

- Take a 10–20 minute walk outdoors
- Try gentle stretching or yoga
- Practice deep breathing or meditation
- Spend time in nature
- Connect with a friend or join a group class
- Check out the Aquatic Center offerings – the water can help lower stress hormones

#### FEATURED EVENTS

- Tai Chi
- Footsie Fridays
- PWR! Moves
- National Walking Day
- Waves of Wellness
- International Dance Day



## MAY

### *Stronger Hearts, Stronger Community*

MENTAL HEALTH AWARENESS MONTH  
NATIONAL WALKING MONTH  
Staying active helps maintain strength, independence, and heart health. It's never too late to start or try something new!

#### WELLNESS TIPS

- Move most days of the week
- Add strength training for muscle and bone health
- Stay hydrated before and after exercise
- Try a new class or activity
- Celebrate progress — every step counts
- Walking in the water can improve balance, strength and heart health.

#### FEATURED EVENTS

- Forest Bathing Excursion
- Walking Club
- Mindful Nature Walk
- Field Day
- Water Walking Challenge



## JUNE

### *Healthy Living for Every Age*

BRAIN HEALTH MONTH  
MEN'S HEALTH MONTH  
GREAT OUTDOORS MONTH  
Summer is a great time to focus on prevention, brain health, and safe habits that support an active lifestyle.

#### WELLNESS TIPS

- Challenge your brain with puzzles or learning something new
- Stay cool and hydrated
- Wear proper footwear to prevent falls
- Schedule preventative screenings
- Prioritize sleep and balanced nutrition
- Beat the heat with a refreshing, heart-healthy pool workout

#### FEATURED EVENTS

- Men on the Mat
- Educational workshop
- Bingo for Brain Health
- Brain Waves Aquatic class

