



Wellness IOI

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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!

- Personal Training
- 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 summer!

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.

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LIVE
LIFE
WELL.™

WESTMINSTER CANTERBURY RICHMOND

Wellness

SERIES



JULY - SEPTEMBER 2026

Making Waves in 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.

JULY

Thrive All Summer

UV SAFETY AWARENESS MONTH

July is all about staying cool, staying active, and making healthy choices that help us thrive throughout the summer. Through hydration, movement, laughter, and connection, we'll focus on creating healthy habits while having fun along the way.

WELLNESS TIPS

- Drink water throughout the day, even before you are thirsty
- Wear sunscreen, sunglasses, and hats when outdoors.
- Add water-rich foods like watermelon, cucumbers and berries to your meals.
- Stay active during cooler morning or evening hours.
- Laughter supports mental wellness. Share a joke and enjoy time with others.
- Joint protection - buoyancy reduces body weight by up to 50%, easing stress on knees, hips and spine.

FEATURED EVENTS

- Shark Week Challenge
- Aqua Zumba
- Chair Volleyball Beach Party
- Hydration Challenge
- Waves of Safety



AUGUST

Recharge · Renew · Restore

NATIONAL WELLNESS MONTH

August is National Wellness Month, making it the perfect opportunity to prioritize self-care, reduce stress, and build healthy habits that support your overall well-being.

WELLNESS TIPS

- Schedule intentional time weekly for rest and relaxation.
- Practice mindfulness through deep breathing, meditation, coloring or journaling.
- Stay socially connected, wellness includes emotional and social health.
- Small healthy habits practiced consistently create lasting change.
- Prioritize sleep and hydration to support energy and stress management.
- Journaling your thoughts or feelings helps process emotions. Try mindful meditation for 10-20 minutes daily.

FEATURED EVENTS

- Wellness BINGO
- Fish for Fitness Challenge
- Floating Sound Bath
- Self-Care Week



SEPTEMBER

Start Now for Tomorrow

FALL PREVENTION AWARENESS WEEK, HEALTHY AGING MONTH, NATIONAL YOGA MONTH
September focuses on healthy aging through movement, balance, nutrition, heart health, and meaningful wellness practices that support independence and vitality at every stage of life.

WELLNESS TIPS

- Focus on balance, flexibility and strength to support healthy aging.
- Try yoga or gentle stretching to improve mobility and reduce stress.
- Choose heart-healthy foods rich in fiber, fruits, vegetables and lean proteins.
- Keep your brain active through learning, social engagement and movement.
- Regular physical activity can improve balance, confidence, and overall independence.

FEATURED EVENTS

- National Yoga Month
- Fall Prevention Awareness Week
- Biodex Balance Training
- Nutrition & Healthy Aging Sessions
- Stair Challenge
- Cognitive Currents

