

# Senior Wellness Program

In 2009, Senior Services, Inc. was awarded a Title IIIB grant from the Older Americans Act through the Rhode Island Division of Elderly Affairs. This resulted in the development of The Senior Wellness Project, a health promotion and disease prevention program aimed at providing seniors in the community with the tools necessary to stay active and healthy. The Wellness Program provides health education, screenings, clinics, support groups, and exercise classes for seniors throughout northern Rhode Island.

## WOONSOCKET SENIOR CENTER WELLNESS SCHEDULE:

- Seniors in Motion  
Mondays, 1:00pm
- Tap for Fun with Fran  
Tuesdays, 10:00 am
- Zumba Gold with Fran  
Tuesdays, 2:00 pm
- Senior Fitness with Karen  
Wednesday, 10:00 am
- Adult Tap with Fran  
Wednesdays, 1:45 pm
- "YOGALATES"  
Wednesdays, 3:00 pm
- Line Dancing with Fran  
Thursdays, 2:00 pm
- Ballet Class  
Thursdays, 3:00 pm
- Chair Exercise with Karen  
Fridays, 10:00 am

Classes listed below are held at  
Scouter's Hall in North Smithfield:

- Zumba Gold, Mondays, 10am
- Chair Exercise, Mondays, 11am
- Zumba Gold, Thursdays, 10am



Exercise improves balance, builds muscle, lowers blood pressure, improves mobility and decreases falls. All classes are FREE OF CHARGE at the Woonsocket Senior Center.



Our new Senior Wellness Center officially opened in September 2010, providing a dedicated place for health education, screening and consultations.

The Senior Wellness Program is supported by Title IIIB of the Older Americans Act through the Rhode Island Department of Elderly Affairs. Donations are always welcome to help sustain the programs.

For more information,

please contact:

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 10 EXERCISES

 10 REPETITIONS

 10 MINUTES

Physical Activity is essential to healthy aging. Older adults need at least 30 minutes of exercise a day achieve health benefits.

Follow this easy guide to break up your 30 minutes of exercise into three 10 minute sessions.

You can do it!

**Senior Wellness Program  
Senior Services, Inc.**

## 10 in 10

**Side Arm Raise**—Sit straight in a chair or stand with feet shoulder width apart. Hold arms at sides, with palms facing body. Slowly raise arms to side, shoulder height. Hold position for 1 second and slowly lower arms to start position.

Repeat 10 times

**Bicep Curl**— Sit straight in a chair or stand with feet shoulder width apart. Hold arms straight down by sides, palms facing forward. Keep elbows locked in at waist. Breathe out as you slowly bend elbows and bring hands toward shoulders. Breathe in as you slowly lower arms.

Repeat 10 times.

**Front Arm Raise**—Sit straight in a chair or stand with feet shoulder width apart. Hold arms down by sides with palms facing backwards. Breathe out as you slowly raise arms out in front of you to shoulder height. Hold for 1 second. Breathe in as you slowly lower arms to start. Repeat 10-times.

**Abdominal Strengtheners**—Sit at the edge of chair, hands resting on thighs. Tuck your chin to your chest, and lean back until you feel your abdominal muscles tighten. Don't touch the back of the chair. Hold and count to six, and slowly sit up straight, using your abdominal muscles.

**Leg Straightening**—Sit straight in a chair with back supported. Breathe out slowly and straighten right leg. Point toe to ceiling and hold for 1 second. Breathe in as you slowly lower the right leg to the floor. Repeat 10 times with each leg.

**Knee Lift**—Sit with your back against the chair. Lift knee up and down, holding for 1 second. Repeat 10 times on each leg.

*Note: When you perform standing exercises, safety is a primary concern. If you can stand to exercise, we suggest you try these “sink” exercises standing by your kitchen sink. You might like to place a chair nearby so you can sit to rest as you need to. Check with your doctor before being any new exercise program.*

**Half Squats**—Slowly bend your knees slightly, then straighten. Keep your feet flat on the floor. If you have knee pain, avoid doing this exercise, or bend more shallowly.

**Heel Lifts**—Slowly rise up to your tiptoes, and then lower your heels back to the floor.

**Side Leg Lifts**—Slowly lift one leg out to the side; then return it to the center. Keep the knee straight and the toes pointing forward. Lead with the side of your foot, not your toe. Repeat with each leg.