

Wellness Newsletter



March 2025

Thank You & Exciting Things Ahead

Hello everyone! As we move into March, I wanted to take a moment to express my appreciation for each and every one of you. Your commitment to your health and wellness is inspiring, and we're so grateful to have such a great community.

Our main goal is to support you in your wellness journey by offering a welcoming space for growth, learning, and progress. Whether you're here for fitness classes, personal training, or just to stay active, we're here to help you every step of the way.

This month, we have some exciting updates! Keep reading for more details!

Here's What's Coming - Spring Seminar Series:

We're excited to announce the start of our Spring Seminar Series. From fitness tips to nutrition advice, these seminars are designed to be informative, engaging, and provide real takeaways you can apply to your daily life.

All seminars will be hosted in the Hostetter Enrichment Center. No RSVP required.

Seminar 1: "Stay Steady: Balance and Fall Prevention for Healthy Aging" - March 21 at 12:30 pm

Presented by Richie Gary, this seminar is designed to help you maintain independence and confidence through improved balance. Learn practical tips to prevent falls, simple exercises to enhance stability, and strategies to create a safer home environment.

Seminar 2: "The Benefits of Swimming" - April 8 at 10:00 am

Presented by Mattie Brummer, you'll explore how swimming is not only an effective full-body workout but also a fun, calming self-care activity. Learn about the physical, mental, and emotional benefits of swimming.

Seminar 3: "Meals that Nourish" - May 16 at 3:00 pm

Presented by Anna Novikova, you'll learn about how simple, balanced meals can boost your health, energy, and overall well-being. You'll learn how cooking at

home can be easy, affordable, and fun.

Seminar 4: "Benefits of Martial Arts Training After 50" - June 20 at 3:00 pm

Presented by Matt Sloane, we'll talk about how martial arts can be beneficial to all age groups. Join us for a look into the benefits of training in martial arts such as Tai Chi and karate for older practitioners!

New Offerings!

Exciting things are in the works! We're finalizing a new schedule, which we plan to roll out mid-March or early April.

We'll be adding a new Drum Stix class, scheduled for every Tuesday at 1:00 pm in the Community Room. We're also excited to introduce dance classes. Be on the lookout for more details when we release the updated schedule.



April Wellness Challenge: Step into Spring!

How to Participate: Stop by and see a Wellness team member before April to receive a punch card. Attend any wellness activity or complete a workout in the gym during the weekdays (Monday through Friday) and get a hole punched on your card for each visit.

Track Your Progress: After each workout or class, check in with a Wellness team member to get your card hold punched. It's your responsibility to bring your card to us for a punch. If no team member is available immediately after your activity, you can email or call us to document your activity, and we can punch your card at a later time.

The Prize: Complete your punch card by the end of April to be entered into a raffle to win:

- A **free one-month Robust Training Membership**, which includes two additional weekly group training classes at no cost.
- A **one-month accountability coaching program**, where you'll meet with Anna to discuss your progress, set goals, and stay motivated.

This challenge is all about keeping yourself accountable, staying consistent, and having fun while doing it. Pick up your punch card before April and get ready to move!

Exercise Your Mind with Pathways Institute for Lifelong Learning®

Registration is open for the Spring term of Pathways Institute—a great opportunity to exercise your mind! More than 30 courses are available for a small cost, ranging in topic from an introduction to pickleball, to flower arranging, a hands-on equine course, excursions, and more.

Plus, if you're new to Pathways Institute, you can register as a new participant "non-member" and receive your first class for free. [Click here](#) to view the course catalog and register.

Pool Reminders & Etiquette

We want to remind everyone that **class participants can stay in the pool 15 minutes after their class**. During this time, they are welcome to finish up or relax in the water. **Lap swimmers should not begin their laps before the top of the hour if class participants are still in the pool.**

We understand that it can sometimes be difficult to navigate the pool schedule, but it's important to respect the time allocated for each activity.

If you're waiting to start your laps, we ask that you allow class participants to finish their time in the pool. After they exit at their own pace, you may begin your laps.

If the pool is empty and no one from the class is in the water, you are welcome to begin early, but if participants are still in the pool, please be mindful of their space and wait until the beginning of the next hour.

Inclement Weather Policy Update

We are **no longer strictly following the Mechanicsburg School District** for weather related closures and delays. While we will take their decisions into consideration, Messiah Lifeways will make all final determinations.

If there is inclement weather, please **check your email or phone notifications** before heading out to ensure we are open. We will send prompt weather updates via phone and email.

Open Office Hours

Our office hours are held during the following times:

- Monday through Friday | 10:00 - 11:00 am
- Wednesday | 2:30 - 3:30 pm

We ask that members save inquiries/support needs for these dates and times. All other needs should be addressed via email to wellness@messiahlifeways.org or rgary@messiahlifeways.org

—Richie Gary, Wellness Manager