

Fit For You®

Vernon Woods trademarked Health & Fitness program designed to enhance the mind, body and spirit. The programs offered are:

Mind

Community Presentations -We offer one or two per month and have learned from many wonderful informative speakers like Doctor's, Dentist's, Historians, Police Officers and more!

Hospitality Luncheons, Wine & Cheese Socials and Coffee Talk – These are all designed for you to get to know your neighbors here at Vernon Woods a little bit better. Fellowship time is important and we enjoy having fun around here as well. Check the monthly calendar for info!

Healthy Cooking with Chef Jeff – Our very own chef Jeffery Tucker teaches a cooking class once monthly while being filmed by our local TV station. This is a great opportunity to watch Chef Jeff do what he does best and sample some really GOOD food too!

Field Trips- We love to take trips to all kinds of places...Restaurants, Movie Theaters, LaGrange Boardgame Society, Museums, Fishing, Picnics, Pontoon Boat Cruises, Peach Farms, Dinner, Dancing and even trips to the beach/mountains and so much more!

Community Bingo – A very popular and fun group activity that also helps sharpen your mind. It is free to play and you win Postage stamps.

Lumosity® - Practice the rapid answering of math equations and word recall together with other self-competitive people. Enjoy beating the score of the last computerized total from the week prior. It is fun, always challenging, and help improve thinking and speed skills.

Farkle & Yahtzee - Dice games that stimulate cognition and are our most requested games we play at a group. Farkle has taken over as the #1 game full of fun and laughter! Residents as well as Staff love to play and see who will win!

VC Bridge – We have numerous bridge groups that play almost every day of the week.

Scrabble, Rummikub, etc.... - All games are for residents to use and enjoy with family, friends or other residents on your own as well as when occasionally scheduled on our calendar.

Reading Room – Our Life Enrichment Director reads various books of interest. Especially helpful for those with diminishing eyesight.

Nintendo Wii Gaming System - Available for Residents and their family members for entertainment purposes, provided certain guidelines are followed. The key and remote controls to the system can be checked out at the front desk.

Name That Tune - Not only is this live piano music entertaining, it also stimulates the mind in recalling names of songs. While some may struggle with memory issues, reminiscing with music is a great way to wake up the mind and remember special occasions.

Auction Fun - We hold an informal Auction in the Hospitality area on occasion. Bring a few dollars and join in the fun.

Arts and Crafts – We have craft opportunities where our residents enjoy making cards, painting, Christmas ornaments and other various crafts.

LSO (LaGrange Symphony Orchestra) – LaGrange has a fabulous symphony orchestra! We attend the performances in town on the evenings when there is a scheduled event.

BODY

Gym Equipment -We have two Gyms at Vernon Woods. Equipment offered includes treadmills, recumbent bicycles, elliptical, boxing pad, free weights and balls, and The Gym equipment is to be used at your own risk.

Exercise Classes:

- **Yoga** – A total mind-body workout designed to increase flexibility, improve muscle and tone, and improve respiration, energy and vitality.
- **Tai Chi** – Gentle moves used in slow-motion and flow. This is a low-impact exercise designed to improve balance, flexibility and muscle strength.
- **Strong for Life** - Designed to build strength, these gentle exercises can be done in a sitting or standing position. Also, incorporates stretch bands to aid in strength building.
- **Beginner's Fitness class** - This is a basic class set a pace and level designed for those who are just starting a fitness routine, or recovering from a change in health.
- **“Use Your Noodle”** – A fun and interactive exercise where participants sit in a circle and hit a balloon with their pool noodles to keep it up in the air.

Blood Pressure Checks - Keep track of your blood pressure and report any unusual readings to your physician.

Beauty Salons - We have two beauty salons and three beauticians on site. Services include hair, pedicures, and manicures.

Massage Therapy - We offer massages in our spa room once a month by a licensed massage therapist.

SPIRIT

Bible Studies, Communion, Devotion and Prayer Time - led by volunteers/teachers/pastors and open to all denominations.

Church Luncheons with Programs - We attend monthly active adult meetings at local churches including Merrymakers (First Baptist Church) and Thursday Lunch Club (First United Methodist Church). Programs are entertaining and the food is delicious!

Peace Chapel and Intercessory Prayer Group- A very peaceful area designed for relaxation, prayer or reading.

Piano Music - We have several people who come to play the piano for us on a regular basis. Many songs are of hymns and faith.

Sunday Church Transportation - We provide a complimentary shuttle transportation to and from local churches on Sunday mornings.

JUST FOR FUN!

- Coffee Talk
- Jigsaw Puzzles
- Cuddle Buddies Pet Therapy
- Socials and holiday themed parties

And much, much more!