

BLAINE - BIRCH BAY PARK & RECREATION DISTRICT



Classes at BBBPRD2
Designed for Seniors:

Seniors on the Move -
Tuesdays, 9:15 - 10:00 am
Blaine Pavilion,
\$3 drop in

Senior Chair Fitness -
Tuesdays, 2:30 - 3:15 pm
Birch Bay Activity Ctr.,
\$3 drop in

Exercise for the Elderly

Regular exercise improves immune function, cardio, metabolism, etc.

By Marlo Sollitto

The benefits of exercise throughout life are often touted. But is it safe for seniors older than 65 years to exercise? Absolutely. According to the American Academy of Family Physicians, almost all older people can benefit from additional physical activity. Regular exercise prevents chronic disease, improves mood and lowers chances of injury.

With age, the body does take a little longer to repair itself, but moderate physical activity is good for people of all ages and ability levels. In fact, the benefits of your elderly parents exercising regularly far outweigh the risks. Even elderly people with chronic illnesses can exercise safely. Many medical conditions are improved with exercise, including Alzheimer's and dementia, heart disease, diabetes, colon cancer, high blood pressure and obesity.

You can continue to read this article by [clicking here:](#)

Want to start a new routine today? Join us on Tuesdays, Blaine Pavilion, 9:15 am for Seniors on the Move: This class is perfect for active older adults who are looking for a modified aerobics dance class that recreates the original moves you love at a lower intensity. The design of the class focuses on balance, range of motion and coordination.

**WE NOW ACCEPT ALL
MAJOR CREDIT and
DEBIT CARDS**

You can now use credit or debit cards to purchase passes or punchards. *New online registration begins in June!*

For a full schedule of events and times
www.bbbparkandrec.org

MAY 2017

[CLICK HERE TO
PRINT CALENDAR](#)

NEW this month

Intro to Tai Chi for Arthritis
Senior Chair Fitness
Seniors on the Move
Mommy & Me Yoga

ON GOING this month

Birch Bay Activity Center
7511 Gemini Street
Birch Bay

Zumba Fitness
Zumba Burst
Yoga
Total Barre
POUND Fitness
Karate
Let's Get Fit
Country Heat
Pickleball
Badminton
After School Activities for Kids
Gymnastics
Movie Night
Open Gym

Blaine Pavilion
635 8th Street
Blaine

Zumba Fitness
Zumba Toning
Zumba Step
Line Dance
Yoga for Seniors
Seniors on the Move

DISTRICT NEWS...

Mommy & Me Yoga

Tuesdays, 8:15 am, Blaine Pavilion. \$5 drop in
Mommy and Me yoga is appropriate until baby is 9 months or actively crawling. Nurture your baby while caring for yourself. For caregivers (moms, dads, grandparents, nannies) to bond through loving touch, sight, sound, and movement. Let baby in on the yoga practice physically, mentally, and spiritually to build a strong bond of trust and security. Gently engaging, calming for baby and caregiver. Classes led by Sarah Willett.



Ballroom Dance

Tuesdays, May 2 - 30, 7:30 - 8:30 pm
Birch Bay Activity Center, 7511 Gemini St., Blaine
Ages 16 and up, no partner necessary.
Cost \$50 per person.
Use this class to refresh your skills or to begin your dancing future!

GIRLS Basketball Skills Training

Mondays & Wednesdays, Starting May 1
Ages 12 - 16 Cost \$20 for 5 weeks

Birch Bay Activity Center

Build new skills and have fun too!

Coached by Jim Bring.



Senior Chair Fitness

Tuesdays, Starting May 2 2:30 - 3:15 pm
Cost \$3 drop in. Birch Bay Activity Center
Increase your balance, range of motion, and overall functionality. Exercises are modified according to your needs. Learn how to work out with a chair.

Sunrise Yoga

Thursdays, 8:00 - 8:45 am • \$5

Energizing morning wake up series for the body with root-to-rise poses; includes an engaging flow sequence of seated to standing poses, and closing relaxation techniques to prepare the mind for the day ahead. Feel ready for anything that comes your way.

Upcoming Movie Schedule

May 5th: Secret Life of Pets PG

May 12th: No Movie

May 19th: The Jungle Book 2016 PG

May 26th: Furious 7 PG-13



Picnic in the Playground

Saturday, May 20 • 11a - 2p

Be a Super Hero for the day

Food • Games

Fitness Class Demo's

Birch Bay Activity Center

2017 Summer Guide
Coming May 18
issue of The Northern Light



BLAINE-BIRCH BAY PARK AND RECREATION DISTRICT 2

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