

Health Screenings & Fitness/ Wellness Programs

Please check the Hebron Senior Newsletter for monthly dates. Ongoing groups do not meet when the Senior Center is closed due to inclement weather or on town holidays.

To Register for Programs Requiring Advanced Sign-up and/or Payment:

- On the first business day of each month, sign up sheets for programs happening that month are placed in the Senior Center's Library. Please come to the Senior Center or call during normal business hours to have your name put on a list.
- Payment in the form of a personal check or cash must be received by the deadline date listed in the Senior Newsletter.
- For all programs or trips, and especially those that fill up quickly, payment is required to hold your space. Signing your name on the registration sheet, without paying, does not ensure your spot will be held.

Payment:

- Typically fees are associated with instructional classes, trips, and SeniorNet courses.
- Payment is accepted in the form of a check or cash.
- Payment for separate programs must be kept separate. For example, when paying for a \$25 trip and \$1 cooking demonstration, one check for \$26 is not allowed.
- Additionally, when paying with cash, exact payment is required (we are not able to give change).

Health Screenings:

Blood Pressure Checks (Once monthly at the Senior Center)

- No Fee-for-Service
- VNA East Nurse
- No appointment is necessary.

Expanded Nursing Services (Typically twice monthly at the Senior Center)

- Fee-for-Service
- VNA East Nurse
- Cholesterol, Blood Sugar monitoring, Foot care, and Ear irrigation services are available by appointment. Additionally, free blood pressure checks are available- no appointment is necessary.
- Please call the VNA East directly at 456-7288 to schedule an appointment

Skin Cancer Screenings (Typically every 4-6 months at the Senior Center)

- No Fee-for-Service
- Physician/ Surgeon, Dr. Albert Babcock, MD

- Please schedule an appointment at the Senior Center.

Hearing Screenings (Typically every 6 months at the Senior Center)

- No Fee-for-Service
- Audiologist, Dr. Anne Kessler
- Please schedule an appointment at the Senior Center.

Flu/Pneumonia vaccinations (Seasonal at the Senior Center)

- Fee-for-Service
- VNA East nursing staff
- No appointment is necessary.

Podiatry Services (Typically every 2-3 months at the Senior Center)

- Fee-for-Service
- Dr. Anthony Morgan, D.P.M.
- Please schedule an appointment at the Senior Center.

Fitness/ Wellness:

Low Impact Total Body Workout (This class is 24 sessions- Tuesdays and Thursdays from 9:30 a.m.-10:30 a.m.)

- Join instructor, Torri Buchwald for our **Low Impact Total Body Workout**, following the National Institute on Aging's Model.
- There is a \$25 fee for the entire 24 sessions. At present, we are able to offer this great opportunity with financial assistance through the Chatham Health District.
- Please consult the Hebron Senior Newsletter for all applicable dates.
- Please sign up at the Senior Center.
- **The next session for 2009 will begin on Thursday, April 2nd**

Sit & Be Fit (Every Monday and Wednesday from 10:30 a.m.-11:30 a.m.)

- This DVD workout exercises participants' arms, legs, and shoulders while sitting in chairs. This is great for individuals of all ability levels.
- Additionally, the group is led once a month by VNA East Physical Therapist, Dale Bland.
- There is no need to sign up in advance.

Walking Group (Every Monday and Wednesday at 1:00 p.m.)

- This group meets at the Senior Center and carpools to area parks and walking trails to walk a distance of between 2 and 3 miles.
- There is no need to sign up in advance.

Nintendo Wii Bowling (Every Thursday at 10:40 a.m.)

- Wii bowling is the fun new way to bowl while standing up or sitting in a chair.

- The Wii system is unlike any other- it offers remote-controlled gaming, so when you move, the character on the screen does too.
- Use of the Wii system, and specifically the bowling program has swept the nation amongst senior groups. It is a great opportunity to socialize (whether playing or watching), encourages hand-eye coordination and balance, and is also a great intergenerational activity.

Therapeutic Chair Massage (Typically once each month)

- Massage Therapist, Alex Smith, donates her time at the Senior Center to any seniors wanting a massage.
- Please schedule an appointment at the Senior Center.

Nails by Trish (Typically once each month)

- Trish Malitsky, Owner of Hair at Home, donates her time at the Senior Center to give manicures to seniors. She will soak your hands in warm rose water, massage your arms, and clean and file your nails as well as paint them.
- Please schedule an appointment at the Senior Center.