



“Live and Thrive with Exercise!”

Wednesday, May 29 ~ 10:00 - 4:00

The Terrace Auditorium

- 10:00 - 10:30** ~ **Moving to Music with Tina McNeilly** Keep your heart healthy with this low-impact aerobics, strength training & gentle stretching workout program designed for all fitness levels. Get a great workout through movement and fun. **Standing or chairs may be used.**
- 10:45 - 11:15** ~ **Sit and Stretch with Tina McNeilly** This everyone-can-do class helps encourage and improve mobility, flexibility and strength. **Chairs used.**
- 11:30 - 12:30** ~ **Line Dancing with Dale & Suzy Lindeke** Fun instruction and dance
- 1:30 - 2:30** ~ **Goal Setting for Better Health with Hansie Wong**
- 3:00 - 4:00** ~ **Healthy Happy Hour & Raffle Drawings with Special Guest**



The Terrace Class Room Art

- 10:30 - 11:30** ~ **Water Color Demonstration with Nancy Bogni** Wesley Des Moines resident Artist
- 12:00 - 2:00** ~ **Glass Art Decoupage with Lisa Noble** Wesley U instructor ~Take your masterpiece home

The Terrace Zenith Fitness Room and Studio

- 12:00 - 1:30** ~ **Fitness Equipment Demonstrations with Precor Representative**
- 12:00 - 12:30** ~ **Meditation/Yoga with Meagan Lass** Chairs may be used
- 12:45 - 1:15** ~ **Tai Chi with John Lindsay**

Tables ~ The Terrace Lobby, Auditorium Lobby, Outside

- ◆ Game stations
- ◆ Wesley U
- ◆ Hyde Shuttle
- ◆ Drawing prizes
- ◆ Wesley Fitness Department
- ◆ Guide Dogs for the Blind Therapy dogs
- ◆ Massage ~ Marny Saunier, Cultivated Care
- ◆ Highline Hearing
- ◆ King County Library System
- ◆ The Society For Financial Awareness ~ SOFA
- ◆ Des Moines/Normandy Park Senior Center
- ◆ Dementia Simulation Station ~ Michael Byrd
- ◆ What makes you smile?
- ◆ Wesley Health & Home Care
- ◆ Blood pressure checks
- ◆ Wesley Hospice
- ◆ Vision Matters
- ◆ Montessori Preschool
- ◆ Wesley Nutrition
- ◆ Much more.....

Vendors here from 10:00 to 3:00

