



APRIL 2024

WELLNESS CONNECTION

Office Hours: M-F 8 a.m. - 4 p.m.

Fitness Club/Pool Hours: 6 a.m. - 7 p.m.




3400 Wagner Heights Road • Stockton, CA 95209

Phone: (209) 956-3470

MONDAY

POOL: 6 a.m. – 7p.m.

TONE UP
9:00 - 9:45 a.m.

AQUA STRONG 
10:00 - 10:45 a.m.


STRONGER
10:00 - 10:45 a.m.

Yoga
11:00 - 11:30 a.m.

TUESDAY

POOL: 6 a.m. – 7p.m.

CHAIR DANCING
(Seated/Standing to Music)
10:00-10:30 a.m.

Water Walking 
10:00 - 10:30 a.m.

BASE CAMP
10:45 - 11:30 a.m.

BUILD WITH BANDS
1:30 - 2:15 p.m.


Brain Fitness
3:15-4:00 p.m.
Tuesday 4/9 & 4/16

Tai Chi
6:30-8:00 p.m. in West Hall

WEDNESDAY

POOL: 6 a.m. – 7p.m.

TONE UP
9:00 - 9:45 a.m.

AQUA STRONG 
10:00 - 10:45 a.m.

STRONGER
10:00 - 10:45 a.m.

Yoga
11:00 - 11:30 a.m.

THURSDAY

POOL: 6 a.m. – 7p.m.

FEEL THE BEAT UNDER YOUR FEET!
(Standing Dance to Music)
10:00 -10:30 a.m. 

Water Walking
10:00 - 10:30 a.m.

BASE CAMP
10:45 - 11:30 a.m.

BUILD WITH BANDS
1:30 - 2:15 p.m.

FRIDAY

POOL: 6 a.m.-7 p.m.

TONE UP
9:00 - 9:45 a.m.

STRONGER
10:00-10:45 a.m.

RELAXING into PRESENCE
(Meditation Group)
11:00 AM in NCH

APRIL CANCELLATIONS:

*Mon. 4/1/24– No 11 AM Yoga

*Wed. 4/3/24– NATIONAL WALKING - CAMPUS-WIDE EVENT

-No 10 AM Stronger

-No 10 AM Aqua Strong

-No 11 AM Yoga

Join your team for the OCW WONDER WALK on 4/3/24!

Don't decide that you **CAN'T**
Before you discover that you **CAN!**

Ageing Well Is More Than Good Luck and Good Genes!

Part 2

2. Water your joints, brain and every cell in your body.

In other words pay attention to your daily fluid intake. As we age, our thirst mechanism changes. It's less sensitive, so we don't feel really thirsty the way we did as kids. As a result, it's easy to become dehydrated. In fact, most of us walk around on the dehydrated side. Without enough fluid in our body, it's harder for the kidneys to filter toxins and waste from the body—which can lead to kidney failure.

Drink plenty of fluids. Stay away from soda, and don't drink a lot of sugary juices. Water is best. Limit alcohol, too. It's dehydrating and should only be consumed in moderation. It can also interfere with prescription medications you may take. If you have a chronic health condition or regularly take any medication, talk with your care provider before consuming alcoholic beverages.

3. Be a mover and a shaker for as long as possible.

A sedentary lifestyle is one of the quickest paths to poor health. It will also threaten your ability to live independently. Nearly 67 percent of adults say they sit more than eight hours each day! You can beat the stats by adding three kinds of exercise into your week—aerobic, resistance and stretching. Just 150 minutes of moderate activity each week does your mind and body a world of good!

30 Things That Happen When Walking Every Day

Part #6

We've heard it all before: walking is good for you. And it is. However, what few people know is just how MANY benefits there are...If you think walking is a waste of time, think again. Here are some more benefits walking has for your body.

15.Walking can help reduce allergies and their effects.

Regular walking can decrease allergy symptoms. The improved blood flow around the body may help to remove allergens, especially those in the air around you. Of course, walking cannot take the place of prescribed medications. Allergy sufferers should carry their medication with them when they go walking. It's unlikely that walking will eliminate an allergy. However, it can improve the body's ability to respond to exposure to an allergen. Consult your doctor before embarking on an exercise program.

16.Walking is an excellent way to improve your digestion.

The body's digestive system is essential for eliminating waste from the body. As soon as you eat something, it enters your digestive system. An essential way to keep the digestive system working is exercise like walking. A brisk walk will keep your digestive system working. Walking may speed up the digestive process. The increase of blood flow as a result of walking stimulates the digestive system to work faster. Eating enough fiber is also essential for a functional digestive system.