



# Golden Years

## STRENGTH & MINDFULNESS TRAINING PROGRAM

**Golden Years embeds evidence-based fitness and wellness throughout the week to bring structure, connection and vitality to every day. Join us for our daily, monthly, and weekly programming.**

We work to support residents with programming that enhances their quality of life by decreasing social isolation, anxiety and depression, and by increasing strength and mobility, therefore decreasing fall risk. Check out all Golden Years has to offer below.

1



### Daily Activity

7 Days a Week, 10:30 - 11 AM ET

Start each day with a chair-based class focused on movement, breathwork & mindfulness

2



### Monthly Wellness Tips Newsletter

First Thursday of the Month

Keep an eye out for out for our monthly tips focused on the latest wellness research to keep you updated with ideas

3



### Quarterly Educational Class

Last Thursday of the Quarter, 1-1:30 PM ET

Join us every quarter for an educational wellness-based masterclass to help you feel supported

4



### On-Demand Wellness Library

Explore your wellness library, featuring daily class replays and on-demand recordings—both short and long—of Tai Chi, Meditation, Yoga, and Pilates. As well as wellness tip newsletters, educational classes, data collection details, and our internal feedback form

**Make sure your staff is equipped with the tools they need to set residents up for success.**

### Daily Activity

- Classes are chair-based. Please assure the room is set up ahead of time.
- There will be a “pre-roll” from 10:15-10:30 AM so that the screen is not blank.
- The daily activity will be anonymous for residents.
- Residents will not be able see or hear each other; and the teacher will not be able to see or hear the residents.
- Please designate a staff member to be in charge of facilitating playing the daily activity, and have two back-ups if they are out of office.
- The daily activity link will be the same every day, and can be found in the Wellness Library or stored where it is convenient for your team.

### Facility Set-Up

- A staff member will be needed to turn on and off the activity every day.
- We will email the Wellness Tips Newsletter to our contact at your facility each month. A staff member should be designated to email the newsletter out to residents, staff, families, caregivers and/or post a printed copy in the facility.
- A staff member will be needed to turn on and off the quarterly educational class.

### Checklist:

- Bring residents to the viewing location 15 minutes or less before the start of class.
- Ensure the TV is able to broadcast the Vimeo.
- Click the Vimeo link to begin the class.
- Is your facility contact up to date? Please update if a contact change.
- Who is responsible for turning on and off the daily activity?
- Who are two other people that will be available to run the daily activity if the designated staff member is out of office?
- Who will have access to the daily activity Vimeo link?
- Who will disseminate the monthly tips newsletter to residents?

### Technology Needed

- Access to the Internet and reliable Wi-Fi, and TV or screen for viewing
- Classes delivered via Vimeo (via a Vimeo link) - no Vimeo account needed
- TV or screen for Vimeo
- Laptop or mobile device for connecting the Vimeo to the TV
- Playing the Vimeo on the TV: Via wired connection:
  - HDMI cable to connect laptop to TV
  - OR via wireless connection: Smart TV or ability to mirror screens via Chromecast, Roku, or Apple TV