



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, 9:30 - 10 AM CT

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 our monthly tips focused on the latest wellness research to keep you updated with ideas

3



Quarterly Educational Class

Last Thursday of the Quarter, 12:30-1 PM CT

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 and data collection details.