

FAMILY FITNESS THURSDAYS

with



AUGUST 6TH

Chair Fitness - Work through aerobic, strength and flexibility components of fitness all while seated! Suitable for all ability levels. Sponsored by Sunrise Senior Living Huntington.

AUGUST 13TH

Gentle Yoga - Relax with slow stretching and meditation. Sponsored by Sunrise Senior Living Huntington.

AUGUST 20TH

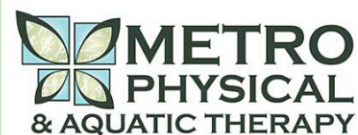
Kickboxing - Using kicks, punches and cardio based movements we get to sweat and have fun. Sponsored by Jerusalem Memorial Chapel.

AUGUST 27TH

Dance To Be Fit - Using dynamic movements and a chair for support dance to be fit allows everyone to get in a fun filled workout. Sponsored by Jerusalem Memorial Chapel.

**11:00 AM
ON ZOOM**

Presented by:



REGISTER AT WWW.LIDEMENTIA.ORG OR CALL (516) 767-6856

YOU'RE INVITED FOR A VIRTUAL CRAFTING TOGETHER PROGRAM

BACK BY
POPULAR
DEMAND!

HOSTED BY THE BRISTAL
FLOWER POT PLANTING LED BY
BARBARA HEAPHY, DIRECTOR OF RECREATION

During this two week program, we will guide participants step-by-step through a fun craft and planting project all on Zoom. All the supplies you need for this simple project will be delivered to your doorstep a few days before the first session (or mailed to your home if you prefer.) We will celebrate at the end of the second week with a sing-along led by Director of Recreation, Barbara Heaphy.

This program is intended for older adults and individuals with dementia or memory-related cognitive disorders to participate along with their family members and/or caregivers.

**JOIN US ON BOTH DATES
TO COMPLETE THIS CRAFT TOGETHER**

**TUESDAY, AUGUST 11TH
& TUESDAY, AUGUST 18TH
1:00 - 2:00PM**

RSVP

By Thursday, August 6th to
Kristen Kupfer, kkupfer@thebristal.com | 516-506-2298

PLEASE PROVIDE THE FOLLOWING INFORMATION WHEN YOU RSVP: Your name, phone number, home address and any special delivery instructions, and your email address for the Zoom log-in information.

The sessions will be recorded, so if you miss one of the two sessions, we will email it to you.

No prior crafting experience required!

SPONSORED BY:

The
Bristal
ASSISTED LIVING

LONG ISLAND
**Alzheimer's
& Dementia**
CENTER