

# NEWS — IN THE — CENTER

JUNE & JULY

## Couch to 5k Training Program

**Registration Deadline:** July 15th

**Training Begins:** July 22nd

**Cost:** Free

Have you ever wanted to participate in a 5k but just haven't had the know-how? DCFL is offering free, personalized, eight-week online training programs to help prepare members and residents for the Chatham County 8th Annual Alzheimer's 5k Walk and Run on September 15th. All levels of walkers and runners are welcome to participate. Participants will receive weekly training plans, fitness advice and suggested walking/running routes via email.



Registration opens June 1st!



## YOGA FOR BALANCE (3-week series)

**When:** Wednesdays, 1:00pm-2:00pm July 11, 18 and 25

**Cost:** \$34 members, \$48 non-members

Join Emily Silverman for a yoga practice to strengthen the core, legs, ankles and feet, and build a confident, strong and stable base. Props and chairs will be offered as options so as to accommodate all ability levels. Great for beginners! *Space is limited, registration required.*



## JUNE SALE! 15% Off All Swim Gear

Sale items include water shoes, swim caps, goggles, shampoo/conditioner, nose plugs, ear plugs and other swim items. *Offer good while supplies last. Not valid with other discounts or promotions. Sale ends June 30th, 2018.*

## READY TO TRI SOMETHING NEW?

**Date:** Friday, August 17th

**Cost:** \$15 individuals, \$40 teams  
DCFL will be hosting its very first indoor triathlon! ALL levels of fitness are welcome to participate. This event will include the option to compete as an individual or a team of up to three participants. Tap into your competitive spirit and join us! Use this event to help you prepare for the Chatham County 8th Annual Alzheimer's Walk and 5K Run. *Registration opens and more details will be available in July. All money raised will be donated to the Alzheimer's Association.*



## JUNE IS MEN'S HEALTH MONTH

**When:** Friday, June 15th, 11:00am to 1:00pm

**Where:** DCFL Front Lawn

The Duke Center for Living, in partnership with Galloway Ridge, will host a Men's Health Fair to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

**We encourage you to wear BLUE on June 15th to show your support for the men in your lives: whether a friend, brother, dad, boyfriend, spouse, or boss, show him you care about his health by wearing blue!**

*In Collaboration with Galloway Ridge - A Life Plan Community*

**HOURS: MON-THU 6:00am - 8:00pm | FRI 6:00am - 7:00pm | SAT 8:00am - 4:00pm | SUN 1:00pm - 5:00pm**



## WELCOME BAILEY!

My name is Bailey Hester and I am the newest Exercise Physiologist here at the DCFL! I graduated from the University of North Carolina at Wilmington with a Bachelor of Science in Exercise Science. I am an American College of Sports Medicine certified Exercise Physiologist and a National Academy of Sports Medicine certified Senior Fitness Specialist. I have a passion for helping others achieve their health and wellness goals which is why I am thrilled to be working for DCFL!

## DIETITIAN AT DCFL

**When:** 10:00am-2:00pm  
Friday, June 1st  
Thursday, June 21st

Dr. Susan Lutz uses scientific evidence to help you establish habits for choosing, preparing, and eating delicious and wholesome foods while making small sustainable lifestyle changes to improve your health. Most major insurance is accepted. *Contact Brandon Rivera (919) 545-2685 to schedule your appointment.*

## BOYS AND GIRLS CLUB TO VISIT DCFL POOL

**Dates:** July 10, 12, 24 & 26,  
August 7 & 9

**Time:** 2:30pm - 3:30pm  
Galloway Ridge and DCFL are partnering with the Boys and Girls Clubs of Central Carolina to provide summer programming opportunities to the children of Chatham County. The DCFL pool will be closed for the participating children on the above dates and times. Thank you for supporting our efforts to grow and support our local youth.



## CHATHAM COUNTY SENIOR GAMES

Thank you to all who came out to the 2018 Chatham County Senior Games swim meet! The swimmers all did a great job in their events and look forward to participating at the state meet!

## SUMMER STUDENT GUESTS

Do you have a student in your life who has time on their hands this summer? Let DCFL help them achieve their personal fitness goals and maintain a healthier lifestyle. Visit our Member Services desk for more information about student guest rates.

## MEMBER NOTES

### HOLIDAY HOURS:

**Wednesday, July 4th**  
(CLOSED)

### VACATION FREEZE REQUESTS

In the event of extended vacations, members may place their membership on a vacation freeze for a minimum of one month (30 days) and a maximum of half their membership term. Vacation Freeze Request forms should be submitted 30-days in advance, and there is a fee of \$10 per month for each individual on the contract. Contact Member Services with questions. Vacation Freeze Request forms are available at our Member Services desk or on the Member Resources section of our website.

### MEMBER REFERRAL PROGRAM

Earning rewards is easy! When your friend or neighbor joins DCFL you could receive a personal training, Pilates reformer training or massage therapy session of your choice. All they have to do is mention your name!

#### **Director:**

Jennifer Rehm  
jrehm@gallowayridge.com

#### **Fitness Manager:**

Amber Poinsett  
apoinsett@gallowayridge.com

#### **Member Services Manager:**

Linda Barnette  
lbarnette@gallowayridge.com





## NIA Series

**When:** Tuesdays, 10:00am-10:50am

July 31- August 21 (4-week series)

**Cost:** \$24 members, \$48 non-members

Nia is a dynamic non-impact cardiovascular workout that blends dance, martial arts, yoga and healing arts to allow your child, athlete, warrior and dancer within to expressively emerge. *Space is limited, registration required.*



## Pool Dance Party

**When:** Friday, June 29th, 1:00-1:45pm

**Cost:** Free

It's time for a dance party in the pool! We will dance around pool to various party songs. This fun workout is open to all levels! *Space is limited, registration is required.*



## Balance Series

**When:** Thursdays, June 21st – July 12th, 1:30-2:00pm

**Cost:** \$16 members, \$48 non-members

Level: For those who are a moderate to low fall risk. This four-week class focuses on practicing balance-related exercises in a controlled environment. In order to participate, you should be able to walk independently and stand continuously for 30 minutes without any assistance. *Space is limited, registration required.*

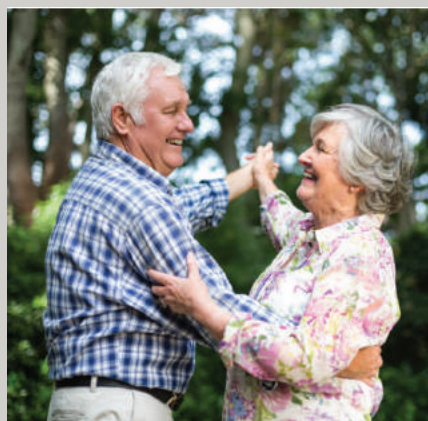


## AQUA KICKBOXING

**When:** Friday, July 13th, 1:00-1:45pm

**Cost:** Free

Kick up the fun in the pool by joining us for an Aqua Kickboxing class! Kickboxing improves our endurance, agility, core stability and much more. Performing these moves in the water keeps the intensity while removing the high impact! ALL fitness levels are welcome as modifications will be provided. *Space is limited, registration is required.*



## FLASHBACK DANCE PARTY

**When:** Tuesday, July 31st, 1:00-1:45pm

Get ready to hit the dance floor! We will practice and review some old-school dance moves, including: Mashed Potato, Jitterbug, Cha Cha, Jive, Twist and more! *Space is limited, registration is required.*

## WALK 10K CHALLENGE UPDATE

Thank you to everyone who participated in our annual Walk 10K Challenge. Together we totaled 2,229,185 steps in seven days! Our steps will be submitted to the Medical Fitness Association to compete against other medical fitness facilities around the country.

## JUNE WELLNESS SEMINARS (next page)

## JUNE WELLNESS SEMINARS

Space is limited -- Registration is required | These seminars are free and open to the public, so bring a friend!



### Techniques for Getting Up from the Floor

**When:** Thursday, June 7th at 1:00pm  
Getting up from the floor is a measure of physical ability, including strength, flexibility and coordination. While it may seem like a daunting task, with improved fitness and practice it can become much easier. Come to this seminar to learn safe techniques for getting up and to practice together in a safe and controlled environment.



### Beat the Heat: How to Stay Active and Safe in the Summer Heat

**When:** Thursday, June 14th at 4:00pm  
Summer is finally here! Make sure you know how to safely beat the heat before heading out for your favorite outdoor activities. We will discuss tips and tricks to protect yourself from heat-related illnesses; clothing; hydration; and much more!



### One Minute Stress Coping Strategies

**When:** Friday, June 29th at 2:30pm  
Learn simple and effective techniques you can do quickly anywhere to help relieve stress, as well as ways to improve how you handle stress.

## JULY WELLNESS SEMINARS

The Importance of Hydration: Tips for a Healthy Summer

Move Better: Stretch to Improve Your Movement Ability (Mobility)

Improve Balance and More Using the BOSU Trainer

## TAI CHI SUMMER UPDATE

Due an instructor leave of absence, Tai Chi class will be cancelled July 3rd, July 31st and the month of August. Classes will resume on Tuesday, September 4th at 2:00pm.



## CHATHAM COUNTY 8TH ANNUAL ALZHEIMER'S 5K WALK RUN

**When: Saturday September 15th**

**Time: 8:30 a.m.**

**Fun Run for ages 3-13: 8:00 a.m.**

**Registration opens June 1st**

Galloway Ridge will hold the Chatham County 8th annual Alzheimer's Walk & 5K Run on September 15, 2018. Runners and walkers of all ages are welcome to attend the race, which will benefit the Alzheimer's Association Eastern North Carolina Chapter. The race will be the culmination of Galloway Ridge's The Longest Day campaign, a series of events dedicated to raising awareness and funds for Alzheimer's care, support and research.

The Chatham County 8th annual Alzheimer's Walk & 5K Run is the largest Alzheimer's fundraiser between Chatham and Orange Counties. We call on participants of all ages and abilities to be a part of this inspiring event and join the fight against a disease that ranks as the sixth-leading cause of death in the United States. Please consider registering or donating by visiting the link on the DCFL home page, [www.DukeFitnessFarrington.com](http://www.DukeFitnessFarrington.com). Thanks for your support!

### **Alzheimer's Campaign Kick-Off: Nu-Step to End Alzheimer's**

**When: Thursday, June 21st, 6:00 am (open) – 8:00 pm (close)**

DCFL will be showing our support for the Chatham County 8th Annual Alzheimer's 5k Walk and Run with The Longest Day Nu-Step Challenge! From the time DCFL opens until the time we close, we will have someone on the Nu-Step to show our love and to raise awareness for those affected by Alzheimer's disease. YOU can participate in the challenge by signing up for a 15 minute time slot on the Nu-Step. As a part of the challenge, we ask that you make a donation to help us raise funds for the Alzheimer's Association. More details to come.

### **Galloway Grill Out**

**When: Friday, June 22nd, 11:30am-1:30pm**

**Cost: \$5 cash**

Stop by the Galloway Ridge Café Patio and grab lunch for a good cause! Your \$5 cash donation gets you a grilled chicken sandwich or veggie burger, chips, a cookie and a drink. All money raised benefits the Alzheimer's Association.

### **Ending the Alzheimer's Epidemic with Dr. Todd Cohen and Peggy Best**

**When: Friday, June 29, 4:00-5:30 p.m.**

**Chapin Auditorium**

As the kick off to Galloway Ridge's Longest Day campaign, Dr. Todd Cohen, Assistant Professor and researcher at the UNC Neuroscience Center, and Peggy Best, Director of the Alzheimer's Association Eastern North Carolina Chapter, will be visiting Galloway Ridge for an evening of celebration and education on the recent strides in Alzheimer's research. We anticipate a lively discussion of ongoing research in dementia, new opportunities for drugs and our current understanding of why/how the aging brain is vulnerable to Alzheimer's disease. We will also touch on topics like brain injury and contact sports that have been linked to dementia. Finally, what lifestyle factors are important to age successfully? While this is hotly debated, there are some negative and positive risks for dementia that we should all be aware of. This event will be the start of an Alzheimer's Education Series that will lead up to our Chatham County 8th Annual Alzheimer's Walk & 5k Run on September 15th.

**Below is a full list of educational events, dates and location to be announced at a later date.**

- Understanding Alzheimer's and Dementia
- Understanding and Responding to Dementia-Related Behaviors
- Sensory Changes of Alzheimer's
- Living with Alzheimer's
- I'll Be Me – Glen Campbell Documentary

**If you are a guest of Galloway Ridge and wish to attend any of the above events, please park in a visitor's spot and check in at the front desk of Galloway Ridge. For questions regarding the above educational events, contact Cori Cook at [ccook@gallowayridge.com](mailto:ccook@gallowayridge.com).**