

NEWS — IN THE — CENTER

OCTOBER &
NOVEMBER 2019

SOCIAL MEDIA



@DCFLFearington

PRO SHOP UPDATES

10% OFF ALL TRAIL BUDDY TREKKING POLES

Gear up for fall hiking! Did you know more calories are burned using walking poles?! Poles are adjustable for all heights.

*Sale ends October 31st, 2019.
Not valid with other discounts
or promotions.*

NEW DCFL FALL APPAREL COMING SOON!

We will be offering vests, long-sleeved shirts, sweatshirts, hats and more.

FLU SHOTS AT DCFL



501 Pharmacy will be back at DCFL this fall to give flu shots to our members. Keep an eye on the information boards for more details when they are available.

OCTOBER IS BREAST CANCER AWARENESS MONTH

DCFL will be promoting the importance of early detection during the month of October. Join us in raising awareness by wearing **pink** on Fridays throughout the month.

ON-SITE MOBILE MAMMOGRAM



Date: Monday, November 25th
When was the last time you were screened? The Mobile Mammography Unit will be coming to Galloway Ridge in November. Please contact Brandon Rivera at brivera@gallowayridge.com to schedule your 20-minute appointment. *Space is limited, registration ends October 31st.*

JOIN US FOR A MEMBER MIX AND MINGLE IN NOVEMBER!

Date: Thursday, November 7th
Time: 4:30 PM – 6:30 PM
Cost: Free

We want to show appreciation for our members by throwing a fall-themed mixer! Be on the lookout for details posted around the fitness center. Anticipate fall-themed beverages, food and activities. *No registration required.*

10TH ANNUAL PUMPKIN DECORATING CONTEST

This is DCFL's 10th Annual Pumpkin Decorating Contest! Staff will be bringing in their best decorated pumpkins on Friday, October 25th. Vote for your favorite between Friday, October 25th and Wednesday, October 30th and the winner will be announced on Thursday, October 31st. *Only one vote per member—pumpkins will be anonymous.*

NEW EQUIPMENT



In late September, DCFL had a Power Plate installed. This machine is a vibrating platform that enhances any exercise by increasing muscle activation, improving circulation, and stimulating reflexes. Come learn the basics at a free demo session where an Exercise Physiologist will show you how to use the machine and explain the benefits. *See flyer for demo dates and times.*

YOU'RE INVITED

Check out these upcoming events at Galloway Ridge that you are welcome to attend. Please enter through the Galloway Ridge main entrance for all events, further direction will be available at the Reception Desk.

THE BALANCING ACT WITH CONNIE ARNOLD, PT

Date: Tuesday, October 15th

Time: 11:00 AM – 12:00 PM

Location: Chapin Auditorium

Connie will discuss changes we experience as we age and their effect on our balance system. *No registration required.*

CORE STABILITY WITH MARISA VELEZ-SPINA, OT/R

Date: Tuesday, October 29th

Time: 11:00 AM – 12:00 PM

Location: Chapin Auditorium

Marisa will host a lecture and discussion on maintaining core strength and the importance of core strength in your daily life to prevent functional declines. *No registration required.*

STAYING STRONG WITH DAVID PARKER, PT

Date: Tuesday, November 5th

Time: 11:00 AM – 12:00 PM

Location: Chapin Auditorium

David will hold a lecture and discussion session on maintaining overall muscle strength throughout aging. *No registration required.*

WELCOME NANCY!



My name is Nancy Koch and I am originally from Chicago, IL although I've lived in Chapel Hill, NC for over a decade. Recently, my husband and I built a new home and reside there with our dog Boo and our cat Millie. We have a son and daughter who are presently away at college. My hobbies include travel, reading, baking and making jewelry. I enjoy being part of the DCFL team and am always ready to help our members.

NOVEMBER FITNESS CHALLENGE



Participate in our Planksgiving Fitness Challenge! Cards can be picked up starting Friday, October 25th and returned no later than Friday, December 6th. Your challenge card will contain a plank challenge along with other fitness and wellness challenges. This is a great way to propel your workout throughout the holiday season. Participants who return their cards will be entered into a raffle for a prize drawing.

HOLIDAY HOLD'EM



Maintain, don't gain, this holiday season with the Holiday Hold'em weight maintenance challenge! Submit a cash wager of \$5.00 (or more) and maintain your weight from Thanksgiving through New Year's. Healthy recipes, workout tips, and more will be provided to participants throughout the challenge. *See flyer for more details. Registration required.*

MEMBER NOTES

Facility Hours

Sunday, November 17th
CLOSED for staff development event

Thursday, November 28th
CLOSED for Thanksgiving

Friday, November 29th
OPEN 6:00 AM – 2:00 PM

A reminder:

Please exit the pool and spa 15 minutes prior to closing time. This will allow you time to shower and change before the facility closes. Your cooperation is appreciated!

Director

Amber Smith
asmith@gallowayridge.com

Fitness Manager

Kayla Laird
klaird@gallowayridge.com

TRX KETTLEBELL FUSION

Date: Tuesdays, October 22nd
– November 12th

Time:
1:00 PM – 1:45 PM

Cost: \$24 members,
\$56 non-members

Level: Intermediate to
advanced

This class series combines the
best of Kettlebells and TRX to
develop functional power and
strength.

*Space is limited, registration is
required.*



BALANCE SERIES

Date: Wednesdays,
October 23rd – November 13th

Time: 1:30 PM – 2:00 PM

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

This four-week class series
focuses on practicing balance
exercises in a controlled
environment. To participate you
must be able to walk
independently and stand for 30
minutes without assistance.

*Space is limited, registration
required.*



THRILLER DANCE CLASS

Date: Friday, October 25th

Time: 2:15 PM – 3:00 PM

Cost: Free

Get in the Halloween spirit!
Come learn the choreography to
Michael Jackson's famous
Thriller Dance. Costumes
encouraged, athletic footwear
required.

*Space is limited, registration is
required.*



I ♥ THE 80'S LINE DANCE

Date: Friday, November 15th

Time: 1:00 PM – 1:45 PM

Cost: Free

Come to this class to learn line
dances set some of your favorites
from the 80s, including: The B-52s
"Love Shack," Wham!'s "Wake Me
Up Before You Go-Go," and
Whitney Houston's "I Wanna
Dance With Somebody."



STRONG

Date: Sundays, October 20th -
November 10th (4 week series)

Time: 3:30 PM – 4:30 PM

Cost: \$32 members,
\$64 non-members

STRONG by Zumba® combines
high intensity interval training
with the science of synced
music motivation. In every class,
music and moves sync perfectly
to push you beyond your limits.
This is a high intensity class.

*Space is limited, registration
required.*

NIA

Date: Tuesdays, October 29th -
December 3rd (6-week series)

Time: 10:00 AM - 10:45 AM

Cost: \$36 members,
\$84 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.*

WELLNESS SEMINARS ➔

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 9:00am – 5:00pm

OCTOBER WELLNESS SEMINARS

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



BREAKING OUT OF A PLATEAU

Date: Wednesday, October 9th
Time: : 12:15 PM – 12:45 PM

Have you hit a plateau and are no longer seeing progress? Have you lost interest in your current exercise routine? This seminar will educate you on various training methods such as pyramid training, interval training, and circuit training, as well as explaining the importance of changing your routine, which can be fun and rewarding.



CBD OIL: WHAT YOU SHOULD KNOW

Date: Friday, October 18th
Time: 1:30 PM – 2:00 PM

Cannabidiol is the substance derived from the hemp plant. Recently it has been gaining popularity due to the discovery of its multiple uses for relieving pain, aiding in sleep and reducing anxiety. Come to this seminar to learn exactly what CBD is and to determine if one of its many uses can help you!



AMPLIFIERS AND BEYOND, A REVIEW OF ASSISTIVE TECH FOR HEARING LOSS SUPPORT

Date: Tuesday, October 22nd
Time: 10:00 AM – 10:45 AM

This seminar will review existing technology designed to assist with hearing and communication for those with hearing loss. Come learn about the old and the new, and maybe find something just for you! This seminar will be presented by Dr. Shelly Cristobal and will be held in the Galloway Ridge Chapin Auditorium. If you are not a GR resident, please check in at DCFL 5 minutes early to walk over as a group.

NOVEMBER SEMINAR TOPICS:

- Hearing for the Holidays: Tips and Tricks
- Maintain, Don't Gain! How to Stay on Track this Holiday Season
- Exercises and Stretches for Low Back Pain

9TH ANNUAL CHATHAM COUNTY 5K WALK & RUN RECAP

Galloway Ridge hosted the 5k race on Saturday, September 14th in support of the Eastern North Carolina Alzheimer's Association Chapter. We had 122 runners and walkers participate in the event and raised \$8,222 to help end the fight against Alzheimer's. Thank you to all of the participants and volunteers who made this year's event so special!



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