

Duke Center for Living at Fearington

IN COLLABORATION WITH GALLOWAY RIDGE - A LIFE PLAN COMMUNITY

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NEWS IN THE CENTER | July / August 2022

DCFL STAFF UPDATES

Welcome, Laurie!



Laurie, our newest Member Services team member, is originally from Falls Church, Virginia, and has lived in Chatham County since 1988. She has

also lived in Ohio (where she received a B.S. from "The" Ohio State University), Pennsylvania and Arizona. Many of you know her as The PlantLady, and has had a number of different jobs - including waitressing in an Italian restaurant with Mafia ties, selling ice cream on a Good Humor truck and working at RDU airport as a gate agent. She loves to travel and have new adventures, and her biggest loves are her three grandchildren and one more on the way!

Say hello to our Intern, Chris!

Hi y'all. My name is Chris Lane and I am a 21 year old student from Wilmington, North Carolina. I am entering my senior year at the University of North Carolina, working on my undergraduate degree in Exercise and Sports Science. I hope to continue my education into graduate school to become a physical therapist and I am so excited to be a part of the community here at the Duke Center for Living.



Chatham County Senior Games

DCFL hosted the swimming event for the Senior Games on May 3rd. Congratulations to all of the athletes who participated and are moving forward to the state competitions!

Walk 10k Wrap Up

Collectively team DCFL walked a total of 5,565,985 steps over the course of 7 days! That is 349,545 **MORE** steps than we walked last year. We had 78 members participate which equates to an average of 71,358 steps per day. Hats off to you and anyone you roped into going for a walk. This is our highest step record to date. The winner for most overall steps and highest average steps will be announced at the Annual Medical Fitness Association Conference in November.

MOVE-A-THON

TO END ALZHEIMER'S - 2022

Thank you to everyone who showed support either by participating, donating or by wearing purple for our Alzheimer's Awareness, **The Longest Day Move-a-thon!** We offered a variety of group classes and raised a total of \$825.00 with the support of our members and community. We hope you had as much fun as we did and look forward to next year.



Punching Parkinson's

Dates: August 2nd – September 29th

Cost: Members: \$241 (includes gloves)

Non-members: \$349 (includes gloves)



Punching Parkinson's, a nine-week boxing-based program for individuals with

Parkinson's disease. Participants will meet on Tuesdays and Thursdays for 45-minute exercises classes centered around boxing and functional fitness. Both pre-and-post assessments will be conducted to measure changes in various motor skills and overall quality of life. *Registration begins July 6th.*

member notes

Health & Safety Guidelines

Face masks are required at all times in the facility, including the locker rooms and pool deck. Exceptions include while drinking, lap swimming, or participating in an aqua aerobics class. Masks should have at least two layers of tightly woven material and fully cover the mouth and nose. There should be no valves on the mask.



Facility Update

DCFL will be upgrading its membership software at the end of July. This exciting upgrade will allow for improved efficiency for our staff and members as well as an improved member portal experience. We will provide any information you need to access and navigate your new online member portal prior to the launch date. Thank you for your patience as we work through this transition.

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july wellness seminars

These are free and open to the public so invite a friend! All seminars are held in the Group Exercise Studio unless otherwise noted.

Space is limited, registration required through the Online Member Portal or Member Services.

Hearing Loss in Today's World: Communication Strategies in the post-COVID Environment

Date: Tuesday, July 12th

Time: 10:00 AM



The past two years have brought many changes. People with hearing loss have encountered very specific challenges with masks, distance, and other barriers to communication. Connection is a critical part of being human, and connection has become tougher with the cultural changes that COVID has brought. Shelly Cristobal, Doctor of Audiology from Hearing Health Care Services, will present solutions and resources to help remove barriers and improve communication and connection in the today's world. This seminar will last 45 minutes.

How to Hip Hinge

Date: Wednesday, July 27th

Time: 11:30 AM



Is it push with your legs? Or pull with your back? Come to this seminar to learn all about how to safely lift things off the ground by learning the proper form for deadlifting. We will also discuss how to properly incorporate the deadlift into your fitness routine as well as some of the stigma associated with it.

August Wellness Seminar Topics

Keiser Functional Trainer

All about the BOSU Ball

Fleet Feet Shoe Fitting Coming this Fall!

Cost: Free to members

Need new shoes? Fleet Feet will bring their FIT software to provide you with the right shoes, gear, and knowledge for you to move at your best. Be on the lookout for flyers this fall with more information and how to register!

group exercise



July Saturday Yoga – Summer Yoga Variety

Saturdays in July | 9:00 AM-10:15 AM | Free to members

Each week will offer a different style of yoga practice: Beginner, Travel, Yoga 1, Bija Yoga, and Relax & Restore. See flyers at DCFL or your email for more details on what each week will entail!



August Saturday Yoga - Vinyasa with Core Strength

Saturdays in August | 9:00 AM-10:15 AM | Free to members

We will start with a warm-up then move into a vinyasa flow interspersed with core strength poses like plank, locust, boat, and chair. We will conclude with some balance work and then a relaxing Savasana. *Yoga experience is recommended.*

All in-person classes require registration for each class through the Online Member Portal or Member Services. Registration begins 7 days in advanced, beginning at 9:00pm.