

OCTOBER

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
29 	30	1	2	3	4	5
6	7	8	9	10	11	12
13	14 Fall Emergency Workshop 12:00pm - 1:00pm Meditation 3:00pm - 4:00pm	15	16 Trivia & Games 1:00pm - 2:00pm	17	18	19
20 National Health Education Week 	21 Sleep Hygiene 12:00pm - 12:30pm	22 Neck & Shoulder Reset 12:30pm - 1:00pm	23 Blood Pressure Screenings 2:00pm - 4:00pm	24	25 Music as Medicine 12:00pm - 1:00pm	26
27	28	29	30 Blood Pressure Screenings 2:00pm - 4:00pm	31  Halloween Potluck 11am - 1pm  	1	2

Fall Emergency Workshop

Monday, October 14 | 12:00pm - 1:00pm | Richard Bergstrom

This informative session will teach participants how to respond to fall-related emergency. The workshop aims to address key elements like assessing the situation, safe self-recovery, when not to move, and having an emergency plan. Participants will feel more confident about managing a fall-related emergency, both for themselves and others.

Meditation

Monday, October 14 | 3:00pm - 4:00pm | Rita Kennen

Experience the calming benefits of mindfulness in our Guided Mindfulness Meditation Class. This session will lead you through a series of breathing exercises and focused meditation techniques designed to help you reduce stress, improve concentration, and cultivate a sense of inner peace.

Trivia & Games

Wednesday, October 16 | 1:00pm - 2:00pm | Chrissy & Dona

Get ready for a fun-filled Trivia & Games Session! Test your knowledge, challenge your peers, and enjoy a mix of brain teasers, trivia questions, and interactive games. This session is perfect for anyone looking to unwind, have a laugh, and engage in some friendly competition.

Sleep Hygiene

Monday, October 21 | 12:00pm - 12:30pm | Marc Rappaport

This workshop focuses on enhancing sleep quality by adopting healthier sleep habits. Participants will learn how to build a consistent bedtime routine, create an ideal sleep environment, and avoid common factors that can disrupt rest. The goal is to help attendees experience deeper, more rejuvenating sleep.

Neck & Shoulder Reset

Tuesday, October 22 | 12:30pm - 1:00pm | Izabela Rapacz

A focused, 30-minute class designed to alleviate neck and shoulder tension through gentle stretching and movement exercises. Ideal for those who experience discomfort from poor posture or desk work, the class offers techniques to enhance flexibility and reduce pain.

Blood Pressure Screenings

Wednesdays (Beginning October 23) | 2:00pm - 4:00pm

Complimentary blood pressure screenings provided by students of San Mateo College of Nursing to monitor cardiovascular health. These screenings are part of the center's preventive health initiatives, helping participants track their blood pressure and receive guidance on managing heart health. Begins Wednesday October 23 2:00pm - 4:00pm and will continue weekly.

Music as Medicine

Friday, October 25 | 12:00pm - 1:00pm | Caroline Foley

A fascinating exploration of the therapeutic effects of music on physical and mental health. Participants will learn how listening to music can lower stress levels, improve mood, and even enhance cognitive function. This session will highlight the powerful role of music in well-being.

Halloween Potluck

Thursday, October 31 | 11:00am - 1:00pm

A festive community event where participants can bring a dish to share and celebrate Halloween together. Costumes will be encouraged creating a lively and social atmosphere for all to enjoy. Fun games and Halloween-themed surprises will add to the excitement. Sign up sheets for bringing food will be available at the fitness center.