



## Onward and Upward!

We're wrapping up the newsletter, as you've known it, to make way for a clean, green more efficient means of communicating with members. Watch for large digital display screens installed throughout the facility plus we'll be reaching out to you through social media, email and a new customer-friendly Website. You can track news daily about classes, up-coming events, free demos, Café specials and special programs!

### Exploring Chakras Workshop

Sunday, Aug. 17, 1:30–3:30 pm

Chakras are energy centers throughout your body. Learn to understand their connections to overall well-being. In Room D with Yoga Instructor Tami Combs. Bring a friend! \$30 for members who registered prior to Aug. 17; \$35 for non-members or members who register on day of workshop. For more info, contact [mailtaminow@yahoo.com](mailto:mailtaminow@yahoo.com).

### Social Dance Classes

Sundays, 5–6 pm  
\$60 per couple/  
\$75 non-members

Join professional dancer Jane Blum and learn the Rumba!

Watch for a different dance taught each month. Sundays, Aug. 3, 10, 17 and 24. To learn more, call Jane, 296-0047, or see flyer. Register at Service Desk today!



### Learn to Exercise

Free Orientation Thursday, Sept. 4, 7 pm  
6-week program begins Monday, Sept. 8, 7 pm  
\$59 members/\$99 non-members

New to exercise? Start with this upcoming session with other beginners. Program includes 6-week Milestone membership.

Limited enrollment so pre-register today! For more info, contact Glenda Wagner, Certified Living Everyday, The Cooper Institute, [gwagner@baptistmilestone.com](mailto:gwagner@baptistmilestone.com) or 753-7552.

### Land Arthritis Workshop

Monday, Aug. 18, & Wednesday, Aug. 20, 1 pm, Room B

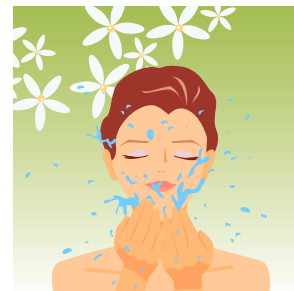
Want to ease those aching joints, but not in the pool? Join Personal Trainer Lauren Burkhardt who will discuss and demo Milestone's various Arthritis-specific classes.

### Oasis Spa Special

Save 10% on Spa Services

Get your summer shine on! Just when you need a pick-me-up, the

Oasis Spa is here to offer a discount on any single service of \$40 or greater, all during August. (Offer excludes Express Facial, waxing and tinting.)



### Hey...thanks!

A big thanks to our amazing exercise instructors and members attending land classes. We are proud to report in June, class attendance hit near 11,000!



### Labor Day is Sept. 1st!

Monday, Sept. 1, open hours 8 am–3 pm  
See special class schedule at the Information Center.  
Have a safe and happy holiday!



## August 2014 health and fitness calendar

### Adult Swim Lessons

Mondays & Wednesdays, Aug. 4–24  
 Beginner 7:30–8 pm  
 Intermediate 8–8:30 pm  
 \$70 members/\$80 non-members

Pre-register prior to each session. All instructors are Red Cross Water Safety certified. Class size is limited so pre-register today at the Service Desk. Private lessons available. To learn more, call Mary Duke Connell, Aquatic Director, x132 or visit [www.baptistmilestone.com](http://www.baptistmilestone.com).

*Splashing Toward Fall!*

### Infant/Toddler Swim Lessons

6 Sundays, Sept. 21–Oct. 26  
 \$65 members/\$75 non-members

- Polliwogs, 6 months–2 years, 4–4:30 pm (water adjustment class; prep for Jellyfish)
- Jellyfish, 2–4 years, 3:30–4 pm (reviews Polliwog skills and begins Level I)
- Goldfish, age 2–4 years, 4:30–5 pm (reviews Jellyfish; can go under water and dog paddle)

*Share the Health*

### Napa River Grill

Refer a friend or family member for a Milestone membership in August and receive a \$40 Gift Card to Napa River Grill. Sip new-world wines and dine on expertly prepared meals at this Westport Village favorite. Share the Health forms are found at the Service Desk, or call x302.

*Member of the month*

### Mildred Smith

Congratulations Mildred! A Milestone member for more than 10 years and working with personal trainer Mary Hayes, Mildred stays fit and motivated in pursuit of her passion for dance and performance. For more of Mildred's story, see the Lobby display. While there, consider completing a form to nominate someone you know for this honor.

### 1 Friday

**Family Swim Night** 6–8 pm  
 \$5 for non-members & children  
 It's cool in the pool. Bring your kids, family and friends (parents stay in the pool area with children under 15). More info: call x132.

### 3 Sundays

**Social Dance Classes begin** 5–6 pm  
 See side one or left.

### 4 Monday

**Adult Swim Lessons begin** 7:30–8:30 pm  
 See left.

### 5 Tuesday

**HMR® Orientation** 5–6 pm  
 Find out about our very successful Healthy Solutions® weight management program at this free intro. Attend and receive a coupon for a free BeneFit™ bar! Sign up today at our Healthy Solutions program office or call x124.

### 6 Wednesday

**Caregiver Support Group** 10:30–11:00 am  
**Learn about Osteoporosis** 11:00–11:30 am  
 Both sessions are free and open to the public. Pre-register or for more info, call Kayla Cook, RN, 208-9424 or email [Kayla@caringexcellenceathome.com](mailto:Kayla@caringexcellenceathome.com).

### 8 Friday

**The Lunch Group** 11 am–noon  
 Stop by and enjoy the soup and sandwich menu at the Café. More info: call x117.

**Zumba** 7–8 pm  
 Room A; free for members/\$5 guest  
 Latin dance fun on 2nd & 4th Fridays each month. More info: call Sue, x114.

### 11 Monday

**HMR Orientation** noon–1 pm  
 See Aug. 5.

### 15 Friday

**Family Swim Night** 6–8 pm  
 See Aug. 1.

### 17 Sunday

**Exploring Chakras** 1:30–3:30 pm  
 See side one.

### 18 Monday

**Land Arthritis Workshop** 1 pm  
 Room B. See side one.

### 19 Tuesday

**HMR Orientation** 5–6 pm  
 See Aug. 5.

### 20 Wednesday

**Land Arthritis Workshop** 1 pm  
 Room B. See side one.

### 22 Friday

**Zumba** 7–8 pm  
 Room A; free for members/\$5 guest  
 See Aug. 8.

### 25 Monday

**HMR Orientation** noon–1 pm  
 See Aug. 5.

### 26 Tuesday

**Hail to the Chef!** 10–11:30 am, Lobby  
 Stop by and meet our new Café Chef, Teresa Pierce.

### 27 Wednesday

**Better Breathers** 2–3:30 pm  
 Topic: the Global Initiative on COPD Disease Management. More info: Baptist Information Center, 897-8131, or [www.baptisteast.com](http://www.baptisteast.com). Free and open to public!

### 1 September Monday

**Labor Day** Open 8 am–3pm  
 See special class schedules and flyers at Information Center.

**Unless otherwise noted in the newsletter, all sessions are free. Most meetings are held in the first-floor Conference Rooms. Everyone's welcome ~ please bring your friends!**

*A hearty farewell ~*

From the team of folks who have crafted this monthly newsletter over the years, we are signing off on this 158th issue. We've enjoyed keeping you up to speed on Baptist Health/Milestone Wellness Center happenings since the first issue in July 2001. Thanks for your readership, and we leave you with best wishes for fitness, good health and great happiness,

~ Meg, Tracy, Bridget, Scott and Jayne