

April | 2021



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# ASPEN *happenings*

**FREE Public Senior Exercise Classes on  
Facebook, YouTube...**

## Help Seniors Stay Fit

(NewsUSA) When gym closures due to COVID-19 locked most seniors out of their exercise classes and daily workout routines this spring, they quickly began combing the internet for new strategies to stay fit. Today, many older adults have turned to options like the *Silver&Fit* program, which offers four free public workout classes daily on Facebook Live & YouTube.

The timing for the launch of the free senior exercise classes could not have been better, according to comments from the participants. “Thank you for keeping us safe, healthy and sane during these tough times,” says Ethel G. “These classes have been life-saving,” Lee Ann D. commented. “These classes are perfect!” says Teri S. “Every level is available.”

“Since the launch of our daily free public classes, we’ve received nearly 30,000 comments on how helpful the classes have been during the pandemic,” says Janie Bjornaraa, PhD., MPH, PT, and AVP of Digital Fitness Solutions with the *Silver&Fit* program. “Older adults know that their quality of life is tied to their fitness level. Those who stop exercising can become deconditioned in as little as two weeks.



*Silver&Fit's* free, public Facebook Live and YouTube workouts help them keep moving. “The *Silver&Fit* free, public workouts provide 20 free classes a week for anyone looking to stay fit at home during the pandemic. The half-hour sessions, which are tailored to adults 55 and older, include beginner, intermediate and advanced Cardio, Yoga, Stength & Bodyweight, Flexibility & Balance, and Mixed Format classes. The classes premiere Monday – Friday starting at 9 a.m. PST and continue at 10 a.m., 11 a.m., and noon PST. And for those who need more flexibility in their schedules, the workout videos are available for two weeks after they premiere. (continued on page 3)

Visit [aspenofbrookhaven.com](https://www.aspenofbrookhaven.com) to view the entire Aspen activity calendar.



## Recipe of the Month – Oven Roasted Ranch Corn on the Cob

### Ingredients:

½ c (1 stick) butter, melted  
1 pack *Hidden Valley Ranch*,  
original seasoning  
6 ears of corn

### Directions:

Preheat the oven to 425 degrees Farenheight. Place corn directly on the oven rack and roast for 20 minutes or until corn is soft. Peel down husks and use as a handle, remove corn silks. In a small bowl combine the melted butter & hidden valley ranch seasoning generously brush ranch butter over the corn. Enjoy!

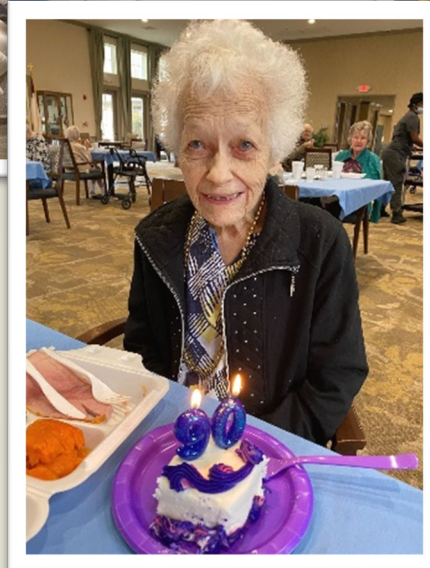
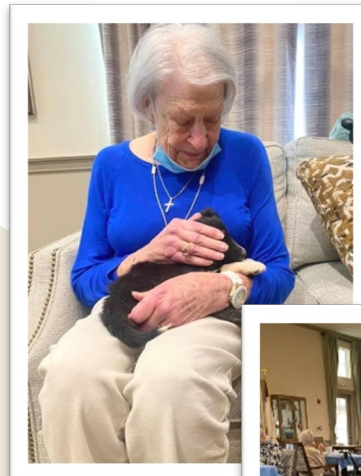


“Each new day is an opportunity to improve yourself. Take it. And make the most of it.”

-Unknown

## *making memories... a look back at March*

- Group Exercise
- Devotion
- Bingo
- Pet a Puppy
- Balloon Toss
- Craft Bags
- Cornhole
- Balloon Toss
- Penny Auction
- Skip-Bo
- Pot Painting
- Dominoes
- Eastern Sky Southern Gospel
- Left Right Center Game
- and more!



## Help Seniors Stay Fit *(continued from page 1)*



Anyone can participate in the free public workouts just by following Silver&Fit on Facebook at [www.facebook.com/silver&fit](http://www.facebook.com/silver&fit) or on YouTube at [www.youtube.com/silverandfit](http://www.youtube.com/silverandfit). All classes are taught by certified instructors with extensive experience leading workouts for older adults.

“Silver&Fit has seen its class followers grow by nearly 350% in seven months, with more than 1.1 million views of our senior workout videos,” says Dr. Bjornaraa.

In addition to the free, public daily workouts on Facebook Live and YouTube, Silver&Fit also offers a full, comprehensive *Healthy Aging and Fitness* program through many Medicare plans. Current members who are eligible for the full Silver&Fit program through their Medicare plans, can also take advantage of Silver&Fit’s newly expanded online, home-based and gym-based options designed to accommodate all levels of fitness and workout preferences.

Features include 1,700+ digital fitness videos. The Silver&Fit online video library offers a broad collection of workout options, allowing members to customize their own at-home exercise routines, such as cardio, strength, yogo, dance, Tai Chi, and many others.

For those who want to create their own workouts at home, the Silver&Fit program offers fitness kits that may include an exercise DVD, a yoga mat, resistance bands, dumbbells, or wearable fitness trackers. They also offer telephone coaching, access to social and community connections, and in-person gym access. For information about whether your Medicare plan includes the Silver&Fit program, contact your health plan or 1-800-MEDICARE.

Visit [www.SilverandFit.com](http://www.SilverandFit.com) to learn more!

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6<sup>th</sup> - L. Brown

13<sup>th</sup> - K. Warren

20<sup>th</sup> - B. Doremus

25<sup>th</sup> - B. Harrington

### April Trivia

1. What does the word April mean?
2. What is the gem associated with April?
3. What do the French call a person who is tricked on April Fool’s?
4. What flower is associated with April?
5. What day was created to make people aware of the environment?
6. Easter is always in April, True or False?



In order: Open, Diamond, April  
Fish, Daisy, Earth Day, False

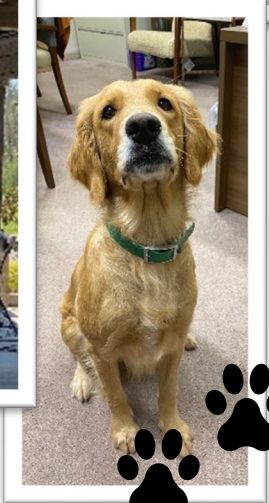
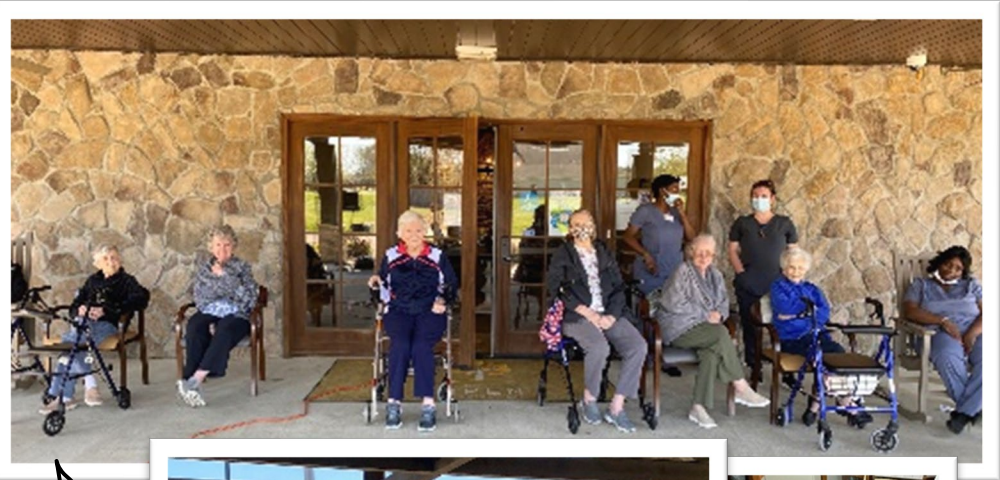
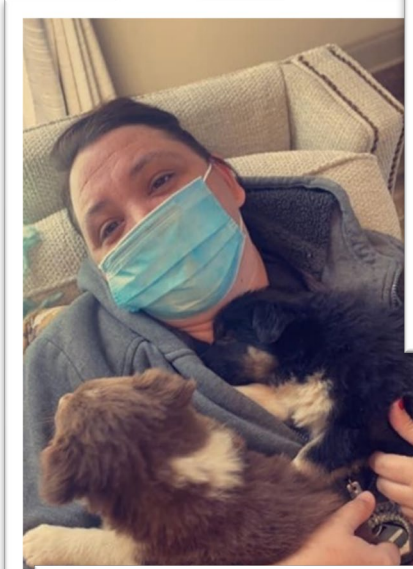
## UNSCRAMBLE

**FDLIFODAS**

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Answer: daffodils

More memories...



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*A community enriched by you.*

