

2012
WELLNESS ACTIVITIES
at Pilgrim Place

1. **InterPlay:** A practice and a philosophy of living life with ease, using the body's wisdom. It is devoted to fun, builds community, and gets the endorphins and imagination activated. Anyone can do it, seated or standing. All limitations are honored, all gifts are celebrated. Wear comfortable clothing. Penelope Mann, co-player/ teacher/ leader; 909-624-4151; penelopeplayer@gmail.com.

The next three sessions of InterPlay: Tuesday, Feb. 14, 4:30-5:45; Saturday, March 24, 4:30-5:45; and Tuesday, April 24, 4:30-5:45, all in Napier Common Room.

2. **Circuit Class:** (Cardio, Balance, Strength) All levels welcome. Tuesdays 9:00 AM in the Exercise Center, Guided instruction with Monica Mathews and Denise Kane, 909-603-7078

3. **Mat Yoga - Intermediate:** Mondays 8:30 AM, Thursdays 11:00 AM, in Napier Common Room: Monica Mathews and Denise Kane, instructors, 909-603-7078.

Mat Yoga - Gentle, Mondays 9:45 AM, Wednesdays 9:30 AM, in Napier Common Room: Monica Mathews, instructor 909-603-7078.

4. **Tennis:** Pilgrims active in the tennis program are: Paul Minus, Howard Fuller, Bob Smith, Eliot Shimer, Stan E and Stan R. Moore, Mary Hill, Earl Bergh and Dennis MacDonald. Persons at any level of tennis playing are welcome. Tuesday, Thursday and Saturdays, 6:30-8 AM, at the 6th Street Pomona College Courts. Contact Howard.fuller@verizon.net or PMinus@aol.com.

5. **Roque:** Wednesdays 3pm and Saturdays 9am, at the roque court on the east side of Larkin Park. Contact: Ken Mitchell 621-3022, LuVerne Tengbom 625-0454, Donna Blackstock 447-0863, or Charles Bayer 626-4694. They bring the mallets and balls.

6. **Chair Yoga:** All levels welcome. Mondays 11:00 AM, Wednesdays 10:30 AM, Thursdays 10:00 AM, Fridays 11:00 AM, held in Pitzer South Lounge, Monica Mathews and Denise Kane instructors, 909-603-7078.

7. **Tai Chi:** Originally a Chinese martial art, now widely used as an exercise with many benefits for health and well being. It promotes strength, balance, flexibility and posture; also facilitates deep breathing, relaxation, and mental concentration. All are welcome; no previous experience necessary. Fridays 8:30 AM in Napier Common Room (Penner Garden in the summer). Ken Dale, instructor, 625-5345.

8. **Water Aerobics:** All levels welcome. Tuesday, Thursday and Saturday, 9 AM, in the Aquatic Fitness Center pool. Betty Jo Anderson, Louise Hannum and Wes Brown, instructors.

9. **Boxing:** ½ hour Basic Boxing lesson trainings are available in the Exercise Center during regular appointment times with Denise Kane, 8 AM to 12 noon, Tuesday through Friday, 909-603-7078.

10. **Race Walking** – Race walking group meet every Friday, 6:30-7:30 AM at the Pomona College track. Instruction included. Contact Bill or Grace Moremen, 909-398-4457, or any member of the Pilgrim Pacers.

11. **Mountain Hiking:** There are no set times or places for hiking by Pilgrims. Some Pilgrims who hike on a regular basis: Bob Smith, 626-3312, rsmith@wittenberg.edu; Wendy Bayer, Gail Duggan, Judith Favor, Sue Mayfield, Phil McKean, Gesine Robinson, Pete Sabey, Eliot Shimer, Steve Smith, and Nancy Traer.

12. **Skiing:** No set times or places. Contact Bob Smith 626-3312, Eliot Shimer, 625-2810, Phil McKean 339-3958, Pete Sabey 624-5645, or June Totten 373-6672.