



**Other WindReach Seniors Programs:**

- Music and drumming
- Horticulture
- Day spa (in connection with Action on Alzheimer's)
- Boccia
- Quarterly seniors tea

**All programs are \$10.00 per session**

Contact us for more information at 238-2469 or [peversley@windreach.bm](mailto:peversley@windreach.bm)

WindReach is registered charity #92



**Senior Exercise and Community Rehab Programs**

## Seated Exercise Program

Group class for persons who want to maintain or improve their fitness in a fun and social atmosphere. All fitness levels are welcome to this gentle seated exercise class run by our adaptive sports coordinator. This class includes those who use a wheelchair or a walking aid. All classes will be 45 mins and available in our multipurpose and air conditioned facility. We realize that exercise is key to mental & physical health and no matter what age you are, this is the class for you!

Call now to find out when the next class will be running at 238-2469 or email at [cblankendal@windreach.bm](mailto:cblankendal@windreach.bm)



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celebrating all abilities

## Upper Extremity Strength Program

Group exercise and targeted therapy for adults and seniors living with dementia and other impairments such as stroke, traumatic brain injury and other neurological conditions.



Using horses to create meaningful opportunities to work on upper body strength, coordination and endurance. Program run by Occupational Therapist and Equine Specialist.

Group lasts for 45 mins and involves gentle stretching, grooming activities, walking with and feeding animals all in a safe and comfortable environment.

Sessions start in October don't hesitate to give us a call today at 238-2469 or email at [africk@windreach.bm](mailto:africk@windreach.bm)

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