



August 2010 Activities Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sunday Brunch 10am -12:30pm	2 APEX 9:30-10:30am Movie Night at 5pm	3 Birthday Night 4pm - 5pm Poker Night 7pm	4 Publix 10am-12pm Bingo Night 7:00pm	5 Seminole Town Center Shopping Trip 9:45am - 1:30pm Card Game Night 7pm	6 Happy Hour / Chefs Café Tasting 5pm-7pm	7 Relax in our beautiful pool and spa
8 Sunday Brunch 10am -12:30pm	9 APEX 9:30- 10:30am	10 Nintendo Wii 4pm Poker Night 7:00pm	11 Publix 10am-12pm Bingo Night 7:00pm	12 Walmart Shopping 9:45am-12pm Card Game Night 7pm	13 Play a game of Shuffleboard or Pickleball see office for equipment.	14 *Clubroom will be closed from 1pm - 3pm for an Event
15 Sunday Brunch 10am -12:30pm	16 APEX 9:30-10:30am Residential Council Meeting 7- 8:15pm	17 * Deland Chamber Event from 5-6:30pm (Clubhouse will be closed from 4pm to 7pm Poker Night 7:00pm	18 Publix 10am -12pm *Clubroom will be closed from 11am-3:30pm Bingo Night 7:00pm	19 Target Shopping 9:45am-12pm Card Game Night 7pm	20 Happy Hour 5pm-7pm	21 Meet & Greet Resident BBQ* 4-6pm
22 Sunday Brunch 10am -12:30pm	23 APEX 9:30-10:30am	24 Nintendo Wii 4pm *Clubroom will be closed from 11am-3:30pm Poker Night 7:00pm	25 Publix 10am -12pm Bingo Night 7:00pm	26 International Dinner Night at 5pm (Chinese) Card Game Night 7:00pm	27 Sign up for a one on one session with Kim	28 Check out the local beaches today!
29 Sunday Brunch 10am -12:30pm	30 APEX 9:30-10:30am	31 Nintendo Wii 4pm Poker Night 7:00 pm	<p>The <u>Clubroom</u> will be closed on August 18 and 24th from 11am - 3:30pm and on August 14th from 1pm to 3pm.</p> <p>The <u>Clubhouse</u> will be closed on August 17th from 4pm to 7pm</p> <p>Thank you for cooperation!</p>			

Motivation To Exercise

What does it take to get you moving? Motivation is something that we create, it will not come to us as we just sit and wait for it. We are all well aware of what it takes to get us moving. Motivation is defined as “that which gives purpose and direction to behavior”. So, what is it for you? What will it take to get you up and out the door and into the Fitness Center for one of the many classes that are offered here at Villa Grande? There are simply no acceptable excuses to why we all cannot make the time to exercise. Exercise is just as, if not more important, as a hair appointment or getting the oil changed in the car. Let us all take the time right now to commit to making our lives more healthy and productive. Below are a few tips to help you with your plan just in case you can't find the last plan you wrote out and tucked away. I am sure we've all at some point in the past planned to follow through and written it out, so dig it up and let's get started.

First, set some goals to work toward. It doesn't matter if it's an hourly goal, a daily goal, to lose a pound, or to run a mile. Anything that will give you a reason to exercise will do.

Preparation, make sure you have everything you will need to follow through. Set out your workout clothes and tennis shoes ahead of time, fill your water bottle the night before so all you have to do is grab it and go. These little things will help to keep you headed out the door on time.

Discipline, create a routine and it will become a habit. Have a regular day and time for carrying out your plan. Find ways to make your plan just another part of your day, like brushing your teeth.

Commitment, the decision to be healthy is one that you make every day. Remind yourself of your goals and take time to appreciate how far you've come.

For those that need a little help getting started, I am available most days during the week. Stop by the Fitness Center and we will put a plan together for you.

Keep in mind that if you are under the care of a doctor you must be fully released before starting a fitness program.

As Always,

Happy, Healthy Living

Kim

Fitness Schedule

Tuesdays: Fit Class - 12:30pm / Stretch - 3pm

Wednesdays: Cardio Circuit - 12:30pm / Fit Class - 3pm

Thursdays: Water Exercise 3pm

Fridays: One on One Sessions - Sign up in the Arts and Crafts Room or see Kim

