



APRIL 2024
www.cantrellcenter.com

Cantrell Corner

The Cantrell Center Newsletter



Attending our strength & balance classes not only improves your health, but also your quality of life!

If you're a Land member, this class is offered to you at no charge! If you've never been a wellness member before, we offer 2 free visits to local residents! Take a moment to see what attendees had to say after attending regular classes:

"I can stand up easier and squat down easier."

— J.S.

"I can handle my grandbaby better due to increased arm strength."

— M. C.

"I can easily step over items and play with grandchildren on the floor."

— S. W.

See pg. 2 for class details!

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IMPROVE YOUR QUALITY OF LIFE WITH OUR STRENGTH & BALANCE CLASSES

10+ YEAR MEMBER HIGHLIGHT

ARTHRITIS FOUNDATION AQUATIC PROGRAM (AFAP)

FEATURED RUN/WALK EVENTS

Strength & Balance Classes

A brief assessment may be required to determine eligibility.



Tuesday & Thursday 9:15-9:45 AM



In this 30 minute class, your instructor will take you through strengthening exercises in a chair as well as standing balancing exercises, at times using equipment such as dumbbells, exercise balls, resistance bands, and more.



Tuesday & Thursday 10-10:30 AM



In this 30 minute class, your instructor will take you through strengthening exercises not limited to a chair. You will go through intermediate/advanced balance exercises, standing for longer periods of time and focusing to increase flexibility, strength, balance.



Tuesday & Thursday 10:45-11:15 AM



In this upbeat, 30 minute balance & cardio dance class, your instructor will lead you through basic dance exercises to several of your favorite tunes. This class will target your coordination, challenging participants to think on their feet while enjoying an energetic and fast-paced dance class.

10+ Year Member Spotlight

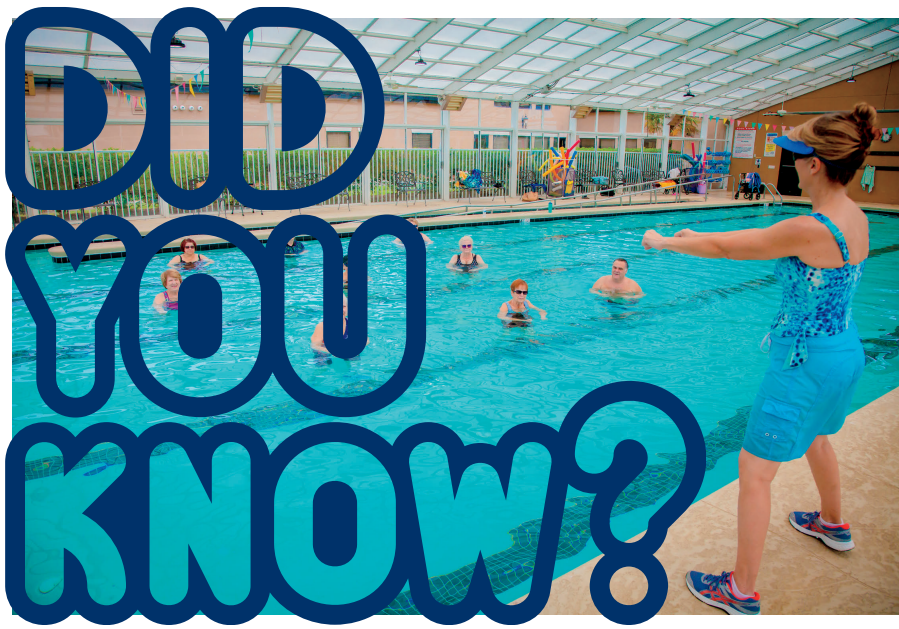
This month we recognize Gloria Alday, who has been a member of the Cantrell Wellness Center for over 10 years. She had this to say about her time at the Cantrell Wellness Center:



Gee, time flies!!! I would like to take this opportunity to say that the Cantrell Center has been a very important part of my life for me the last ten years. I feel like it has kept me healthy and physically active. I want to personally thank Donna Amos for all she does to make the pool fun and effective. Thanks to all my pool buddies, I look forward to seeing you each day. You are a great part of my social life. Thanks to Erin and Braxton for suggesting the pool to me in the first place. I thank God for Cantrell every day and pray blessings on Donna, she is a jewel.

Are you a 10+ year member of the Cantrell Wellness Center who would like to be featured in an upcoming newsletter? Simply e-mail Jen Zamora at pr@cantrellcenter.com.





We're proud to offer the Arthritis Foundation Aquatic Program (AFAP) right here at the Cantrell Wellness Center!

Our arthritis class is intended for those with arthritis or other physical conditions that call for low-intensity pool exercise. In this class, Arthritis Foundation Certified Instructor, Donna Amos, leads range-of-motion exercises that keep the joints fluid and moving. Donna knows the benefits of exercise because she's battled rheumatoid arthritis for 39 years. "Keep moving so

you can keep moving" is not only her motto, but something she lives out on the daily! If you've never tried out this class before, give us a call at (478) 333-6777 to see if you're eligible for 2 free visits!



The Arthritis Foundation Aquatic Program (AFAP) is a community-based, group program that uses a variety of water-based exercises to increase physical activity among adults with arthritis.

Objectives:

To increase:

- Range of motion
- Muscle strength
- Moderate intensity endurance
- Day to day function
- Self-confidence
- Self-care behaviors

To reduce:

- Fatigue
- Pain
- Stiffness

Key Activities:

- Range of motion exercises
- Muscle strengthening exercises
- Optional moderate intensity endurance exercises
- Socialization activities



Donna Amos, Arthritis Foundation Certified Aquatic Instructor

Donna Amos, Arthritis Foundation Certified Aquatic Instructor

Donna Amos has been with the Cantrell Center since January of 2005 and has a strong following of dedicated wellness members. When asked what she loves most about her job, Donna responded, "The members here are a community, a family-- and I love being part of that. We encourage one another physically to come to class and also in life events. As someone who has arthritis, it makes a huge difference in knowing that if I have a flare up, the members understand and vice versa. Members let me know if something is flared or painful and I direct them with safe alternative during that time."

KEEP MOVING, MIDDLE GA!

The Cantrell Center is proud to highlight several races throughout the year as a way to encourage you to keep up the momentum even after you cross the Cantrell Center 5K's finish line. We want you to KEEP moving!!



Run 2 End Alzheimer's 5K & 10K

Saturday, April 6, 2024 in Bonaire @ 8:00 AM

Proceeds from this annual run benefit Georgia Alzheimer's Association. The race is held at Landing Pointe Plaza. The 5K course is USATF certified and leads through picturesque Statham's Landing. Discounted entry for children under 12 and Macon Tracks members. This race is part of the Macon Tracks OrthoGeorgia Race Series. Please visit <http://run2endalz.org> for complete information including team competitions, awards, optional virtual run, and more!



Cherry Blossom Festival Road Race 5K & Cheer Mile

Saturday, April 13th, 2024 in Macon @ 8:30 AM

The annual Cherry Blossom Festival Road Race is a road race run/walk benefiting Wesley Glen Ministries. Wesley Glen Ministries makes a huge difference in the lives of adults with intellectual and developmental disabilities. The event takes place at Howard High School, 6400 Forsyth Road, Macon 31210 This event is part of the Macon Tracks Running Club/OrthoGeorgia Race Series.



Action in Kindness Childcare 5K

Saturday, April 20, 2024 in Macon @ 7:30 AM

TAction in Kindness is a local non-profit. This event provides funds to open a daycare center to 4651 Ayers RD Macon, GA. Check in time will start at 6:45 am to 7:20 am with the 5K run/walk starting at 7:30am. Awards presentation will start at 8:45 am. The 5K run/walk will be an out and back.

Get a head start on other upcoming run/walk events by browsing these online calendars:
Macon Tracks, Run Georgia, Running in the USA, Active.com

SAVE THE DATE FOR THE #CANTRELL5K2025! 02.22.25



Save the date: The 16th Annual Cantrell Center 5K & 1 Mile Fun Run is scheduled for Saturday, February 22nd, 2025! The 2025 event page is LIVE!! RSVP now, invite your friends and family to attend! We would love to have you join us in 2025 either by participating in the 5K or the 1 mile, or by joining us at the finish line to help cheer on participants!



**SCAN FOR LINK
TO RSVP TO OUR OFFICIAL
2025 EVENT PAGE!**



Did you know the Annual Cantrell Center 5K has its own Facebook page?

@cantrellcenter5K

Connect with the Cantrell Center online!



**@cantrellcenter
@cantrellcenter5K**