

# March/April 2018 at the S.I.M GYM

## Fitness For Breath

Our Sit and Be Fit class will incorporate the Fit For Breath Program. Class will be same time 1:45pm-2:15pm with the option for a 15 minute cardio session on the machines. Fitness for Breath engages older adults and seniors with chronic lung disease in regular physical activity to motivate them to maintain an active lifestyle, help to manage their lung disease and to continue the gains received from their participation in pulmonary rehabilitation (PR) programs.

B R E A T H E  
the lung association

We are closed Friday  
March 30th & Monday  
April 2nd, 2018

Happy  
Easter

Questions, comments or  
concerns? Please contact  
Tamara Johnson at ext 2291

Look for our S.I.M GYM  
Facebook page!



## Important Dates for March and April

March 11th—Daylight savings begins

March 17th—St.Patrick's Day

March 20th—First Day of Spring

March 30—Good Friday (closed)

April 1st—Easter Sunday, All Fools Day

April 2nd—Easter Monday (closed)

April 22nd—Earth Day

April 27th—Lori's Birthday

Did you know if you volunteer for 4 hours a month in **S.I.M GYM** only \$30  The Villa your membership is per month!  
Contact Deborah Fernandes at 905-627-3541 ext 2240 for more information!

## Lunch and Learn for March and April

March 1st - Jody Hamilton and Susan Chapman from the Lung Association.

March 29th - Leila Hess from Open Door Hearing Co talks about how we hear and how hearing aids work.

April 5- Nourishing your Blood Pressure and Heart with

Lisa Tabrizi ND

April 26 - Melanie Weibe from the CCAC

