

The Orchards
at Southington
Connect to healthier.™

34 Hobart St., Southington, CT 06489
860-628-5656
southingtonorchards.org

GoodLife and Get Fit from page 1

The Orchards on Dec. 11.

To further wellness, The Orchards offers the fitness program, "Get Fit." Each week day, Christine leads this group class which focuses on strength training, balance and coordination, seated yoga, movement to music (ever try chair dancing?), or balloon volleyball. The classes are open to any resident and are held in either the morning or the afternoon, to give a variety and flexibility to their schedules. (Check The Orchards Daily bulletin or the monthly calendar for times.)

"Growing older is not for sissies - staying active and eating well are essential to healthy aging," Christine said. "I love listening to our residents' stories, about growing up and about their families - They are living history books. I am honored to be in their presence - they just amaze me!"

"And if I can help make their lives more independent and healthy, that means the world to me - I've done my job," she said.

To learn more about GoodLife Fitness or "Get Fit," stop by the GoodLife Fitness Center to chat with Christine.

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For more information,
call Jessica Baillargeon, retirement counselor,
The Orchards at Southington
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Monthly News

A newsletter dedicated to residents and family members of The Orchards

March 2018/Vol. 4, No. 3

By Carol Volpe, Activities Director

New exercise specialist encourages good health

On a recent wintery morning, resident Brenda C. persevered on the NuStep cross trainer to exercise her legs and arms simultaneously. "I enjoy taking walks outside but certainly can't at this time of year," she said as her progress was checked by exercise physiologist Christine Solimini-Swift, M.Ed., CHES, CEP, RMT.

In promoting wellness to achieve the highest quality of life, The Orchards at Southington offers GoodLife Fitness, located on the second floor near the community room. The program features one-to-one exercise designed to enhance strength, stamina, balance, flexibility and mobility. In addition, exercising regularly can build self-esteem and offer socialization. Christine, upon consultation with the individual's personal physician, develops an exercise plan with the person's abilities and goals in mind.



Photos by Rusty Kimball

Brenda C. listens to exercise physiologist Christine Solimini-Swift explain her cross trainer results in the GoodLife Fitness Center.



Resident Ann M. builds her arm strength at GoodLife Fitness.


































An accomplished healthcare professional, Christine holds extensive experience in the clinical, educational and corporate settings. Her experience includes working in public schools, health centers and the Hospital of Central Connecticut in New Britain, and in the community as a wellness practitioner, mentor and public speaker. She also holds a Master's Degree in Education - Health Promotion and Wellness and a Bachelor's Degree in Psychology. She is also a certified health education specialist, certified exercise physiologist and Reiki Master Teacher, among other certifications. She began at

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Sunday(s)	Monday(s)	Tuesday(s)	Wednesday(s)	Thursday(s)	Friday(s)	Saturday(s)
10:00am CATHOLIC MASS (Channel 11 TV) and Communion Community Room 3:00pm SETBACK Cards Card Corner 3:15pm COFFEE & Conversation Country Kitchen 6:30pm CARDS Country Kitchen	10:00am GET FIT w/Christine Community Room 1:00pm CHORALEERS Practice Community Room 1:30pm BRIDGE Veranda Dining Room 2:30pm BINGO - Comm. Room 3:15pm COFFEE & Conversation Country Kitchen 6:30pm CARDS - Card Corner	9:30am NON-DENOM Service w/Pastor Victoria South Living Room 12:15pm Bowling @ Brunswick Lanes 1:00pm GET FIT w/Chris Community Room 1:30pm Wellness Clinic 3rd Floor 3:00pm Happy Hour - Pub 6:30pm CARDS-C. Kit. 6:30pm BINGO-Com.Rm	9:30am ROSARY Private Dining Room 10:00am BIBLE STUDY w/Pastor Ron Brown Private Dining Room 10:00am GET FIT w/ Christine Community Room 6:30pm SETBACK Card Corner	1:00pm GET FIT w/Christine South Living Room 3:00pm HAPPY HOUR - Pub 6:30pm CARDS - Country Kitchen 6:30pm BINGO - Community Room	10:00am MORNINGS with Ann Community Room 1:00pm STOP & SHOP 1:45pm BINGO Community Rm 3:15pm COFFEE & Conversation Country Kitchen 6:30pm CARDS - Country Kitchen 6:30pm CORDIALS & Conversation South Living Room 6:30pm GAME OF POKER South Living Room	10:00 am GET FITw/video Community Room 3:00pm HAPPY HOUR - Pub 3:15pm COFFEE & Conversation Country Kitchen 5pm Rosary Group Private Dining Rm. 6:30pm CARDS Country Kitchen 6:30pm BINGO Community Room

MARCH 2018

Events listed on the top of calendar are regularly scheduled weekly functions at The Orchards. Residents will be notified of changes in schedule or location. Residents are welcome and encouraged to attend out trips. Trips are weather permitting. Please register with the receptionist.

				1 2:45pm "Poldark" series continues Community Room 	2 3:00pm "Poldark" series continues Community Room 	3 10:00am "GET FIT" w/ Video Community Room 1:15pm Movie Matinee Community Room 
4 2:00pm Ice Cream Social Country Kitchen 	5 9:45am Out Trip to Goodwill & Ocean State Job Lot  	6 2:00pm Music w/Paul Schlien Community Room 	7 1:45pm "Poldark" series continues-Community Room 12:00pm Men's Club w/ Ned Skinnon 3:00pm Resident Council - Community Room 	8 1-6pm Blood Drive-Community Room  American Red Cross 2:00pm Music w/Pierce Campbell - South Living Room	9 3:00pm "Poldark" series continues Community Room 	10 10:00am "GET FIT" w/Video Community Room 1:15pm -Movie Matinee Community Room 2:00pm Out Trip - "Les Miserables" Southington High School 
11 Daylight Savings Time begins  2:00pm Ice Cream Social Country Kitchen 	12 	13 	14 3:00pm "Irish Music Man" Kevin Farley Community Room 	15 2:00pm Noodle Balloon Volleyball Community Room 3:00pm Scrabble w/Carol South Living Room 	16 2:00pm "Peanut Butter Lovers Day" w/Carol - Country Kitchen 	17 10:00am "GET FIT" with/Video Community Room 3:00pm St.Patrick's Day Happy Hour The Pub 
18 2:00pm Ice Cream Social Country Kitchen 	19 10:00am Out Trip to Home Goods Store  	20 SPRING BEGINS! 1:00pm Women's History Month Presentation w/ Gretchen Trapp Community Room 	21 1:30pm Food Talk w/Claribel Community Room 	22 10:00am Laughter with LeaAnn Community Room 	23 9:30am Out Trip- Vintage Radios Museum and stop for lunch 	24 10:00am "GET FIT" with Video Community Room 1:15pm Movie Afternoon Community Room 
25 	26 	27 2:00pm The Orchards Cooks! Country Kitchen 6:30pm Genealogy Group Community Room 	28 1:30pm Sunshine Club South Living Room 2:00pm Blankets for Babies South Living Room 2:00pm March B'day Party Community Room 6:30pm So. Arts & Crafts 	29 3:00pm Music w/Carson on piano South Living Room  (BINGO DOWNSTAIRS)	30 GOOD FRIDAY 	31 10:00am "GET FIT" w/video Community Room 1:15pm Movie Matinee 