



WELCOME!

Thank you for reading The Kroc's April Senior Newsletter! Many of the areas listed below highlight some new programs we are offering, including Healthy Aging. The idea behind Health Aging is to form community and have members meet new people as well as get to know our staff more. We look forward to connecting with you during these events! You might even win fun prizes for attending!

STRATEGIC FINANCIAL PLANNING

Wednesday, April 24th 1:30-3:30pm
Free Workshop | Sign up at The Front Desk

Strategic Financial Planning is a free workshop offering tools for managing your assets at every state of life, wills vs trusts, powers of attorney, healthcare directives, philanthropy and so much more.

For more information, visit kroccda.org and search strategic planning or email helpothers@kroccda.org.

THIS MONTH'S EVENTS

HEALTHY AGING CONNECTION

April 18 | 11:30am–12:30pm
Community Rooms

Join our Kroc Healthy Aging team as we talk about senior specific programming, help you get connected to our community, answer any of your fitness questions and meet new friends looking to do the same things you are! Snacks Provided.

COMMUNITY WORKOUT: BEGINNER PILATES

April 24 | 10:45–11:45am
Cedar Community Room | Free to the community
Join us for free workouts led by certified instructors of exercises they're passionate about! Times and dates will vary, check monthly for our offerings. You will get great workout, with modifications that suits your exercise level and goals!

IT'S NEVER TOO LATE TO BE ACTIVE!

We do our best to create an inclusive and welcoming fitness center for people of all ages! That includes partnering with various insurance companies to offer subsidized memberships. Visit kroccda.org/memberships to see if you qualify for an insurance-paid membership!

Call Lily at 208.763.0643 for details or visit our four partner websites at

SilverandFit.com | ActiveandFitDirect.com | RenewActive.com | FitOnHealth.com



INSTRUCTOR OF THE MONTH



Debra Moore

Classes

- Extra Gentle Yoga
Tuesdays and
Thursdays at 2:30
Sign up at kroccda.org

This low-impact group fitness class helps older adults maintain health and strength through a combination of simple cardiovascular, flexibility, and balance exercises. All ability levels welcome. Wear comfortable clothes.

KROC TALK APRIL TOPICS

Join us for weekly Kroc Talks presented by experts in our community! This program is free and open to all ages! Located in the Kroc Community Rooms

THE POWER OF PLAY WITH JULES COSBY

WED, APRIL 3 | 5:30–6:30PM

SIMPLE NUTRITION FOR REAL PEOPLE WITH DR ZEBADIAH SMITH

WED, APRIL 10 | 5:30–6:30PM

LIFE CYCLE BALANCE WITH HOLLY KAPUSINKI

WED, APRIL 17 | 5:30–6:30PM

BUDGETING ESSENTIALS WITH LAURA BRASHLER

WED, April 24 | 5:30–6:30pm



NEXT MONTH'S EVENTS

HEALTHY AGING SENIOR WELLNESS FAIR: COFFEE & BAGELS

May 7 | 10am–12pm

Waterfront Room

WELLNESS WORKSHOP INTENTIONAL MOVEMENT

May 21 | 6–7pm

Cedar Community Room

HEALTHY AGING MONTHLY CONNECTION

May 23 | 11:30am-12:30pm

Waterfront Room

WELLNESS TIP OF THE MONTH

Get morning light, sleep better at night. Spring is here and inviting us back outside. One to two hours outside daily or spending fifteen minutes outside in the morning as soon as you can after waking up can reduce anxiety, give greater mental clarity throughout the day and improve your sleep!

www.kroccda.org

208.667.1865 | 1765 W Golf Course Rd
Coeur d'Alene, ID | 83815



RAY & JOAN

KROC CENTER
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