

Villa Bulletin February 2009

New Year's Resolution Time! The S.I.M Gym is looking for YOU!



Improving fitness and stamina is essential for good health. Improving our fitness level can help reduce blood pressure, reduce our risk of falls and improves our over-all



sense of well-being. If you are 55 or over, membership is only \$35/month and includes Tai Chi, Yoga, Strength and Balance Classes. Our personal trainer will create a plan just for YOU. Make arrangements for a tour by calling X2109. Stay Healthy!

VillaBuster

Movies are now available in the Tuck Shoppe and rentals can take place immediately. The cost is \$2.00 a week paid in advance. Residents, staff and families are welcome to try this new Tuck Shoppe feature. Enjoy your favourite movie any time.

