



Connections

A newsletter for the entire community

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Crooked Creek Art League: the Holidays are Here!

Crooked Creek Art League



The holidays are here, and with them comes the fourth annual Crooked Creek Art League's Still Hopes exhibit which, each year at this time, brings an added sense of anticipation, interest and entertainment as, once again, we walk through the HopeWell gallery to view new art created by many of the 100 South Carolina artists who belong to CCAL. The exhibit will run through January 28, 2022, and will be judged by Alicia Leeke, a South Carolina artist known for her traveling art exhibit entitled *View from Under the Microscope*.

Most of the art will be for sale. Many Still Hopes residents have favorite pieces, purchased in past years, hanging in their apartments or cottages, and others have found the perfect gift for a friend or family member. The nice thing is, with the exhibit here for two months, you have time to revisit it as often as you wish, and time to make up your mind!

During a reception in Emilie's Cafe Saturday afternoon December 11 at 4:00 pm, the award winners selected by Ms. Leeke will be announced along with the People's Choice Award, which is based on the ballots cast by attendees during the reception. This is always a fascinating event with art, friends, food, wine and a chance to meet the artists.

Chamber Pots to Host Afternoon Concert with Daniel Sweaney & Lynn Kompass

Sunday,
Dec. 12

Doors open at 3:30 p.m.
Wine & Beer Bar (Resident Charge)
Concert begins at 4:00 p.m.
Keenan Event Center

Chamber Pots is more than 45 years old and was formed not only for the 10 original couples' enjoyment but also to provide a vehicle to expose their children to classical music in general and chamber music in particular. Except for the year and a half that they didn't meet during the first part of the Covid pandemic, the group has met five times a year for "chamber" music and a "pot" luck supper. Hence, their name. Their children have grown up, many have moved but Chamber Pots is still going strong. Among the Chamber Pots members are residents Ben and Jerry Dell Gimarc and Keith and Dorothy Davis. They are pleased to bring the music they love to Still Hopes. *Residents and two visitors are invited to the concert.*



Daniel Sweaney, Associate Professor/Viola at the School of Music made his New York debut in Avery Fisher Hall at the 1999 Mostly Mozart Festival. Strings Magazine said about him "...extremely talented and highly trained...poised and accomplished..." Mr. Sweaney began his musical studies in his public school's string program at age eleven and has since had a diverse education in the United States and Europe and performed across the globe.

Lynn Kompass will accompany Dan. She is a professor and vocal coach at the USC School of Music. Lynn is married to the nationally known pianist Philip Bush who has agreed to be the page turner for the Chamber Pots concert.

Living a vibrant and full life!

RESIDENTS ARE GIVEN MANY OPPORTUNITIES AND CHOICES OF MAINTAINING A FULL, ACTIVE LIFESTYLE.

Line Dancing

1st & 3rd Mondays | 4:00 p.m.
Petite Studio in HopeWell

Trivia

Mondays | 5:00 p.m.
Keenan Event Center

Dec. 6 General Trivia
Dec. 13 Christmas Part I
Dec. 20 Christmas Part II
Dec. 27 History

First Baptist Church of Columbia Christmas Pageant

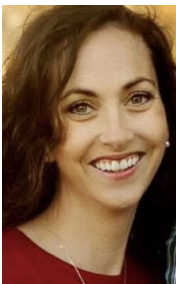
Saturday, Dec. 11 | Depart: 12:45 p.m.
Show Time: 2:00 p.m.
Cost: Free

Enjoy an afternoon of Christmas Classics as well as a moving time of worship of our Savior. The pageant is a South Carolina Christmas Tradition!

Cornhole

2nd & 4th Thursdays | 11:00 a.m.
Emilie's Café Courtyard

Join Holly in the courtyard beside Emilie's Café for a friendly game of cornhole. Rules will be explained before playing and no experience is necessary.



Please contact Holly for more information about our upcoming trips and outings!

Holly Crawford, Life Engagement Assistant for Independent Living
hcrawford@stillhopes.org
803.739.5018

The Spy Most Wanted by the Nazis: Virginia Hall

presented by Dr. Carol McGinnis Kay, Shepherd's Center of St. Andrews

Tuesdays, Dec. 7 & 14 | 3:30 p.m.
Keenan Event Center

Join us for this two part series to learn about the little-known Woman, who directed the French resistance in South France, despite being young, female, American, and having a wooden leg. This true story is better than most spy thriller fiction.

SC Governor's Mansion Tour

Thursday, Dec. 9 | 10:30 a.m.
Cost: \$5 per person

Tour the historic SC Governor's Mansion in its holiday decorated splendor.

South Carolina Philharmonic Chats

with Morihiko Nakahara, Music Director of the SC Philharmonic Orchestra

Wednesdays, Jan. 12, Feb. 2, Mar. 16, Apr. 20 | 4:30 - 5:30 p.m.
Keenan Event Center

Apartment, Cottage, & Concierge Suite Life Engagement Bus Departure Times

Wednesday, Dec. 1 9:00 a.m.	Annual Creche Festival at Mepkin Abbey	Thursday, Dec. 9 10:30 a.m.	SC Governor's Mansion Christmas Tour	Wednesday, Dec. 22 5:30 p.m.	Holiday Lights on the River at Saluda Shoals Park
Friday, Dec. 3 9:00 a.m.	Grocery Shopping at Publix	Saturday, Dec. 11 12:45 p.m.	First Baptist Church of Columbia Christmas Pageant	Friday, Dec. 9 9:00 a.m.	Grocery Shopping at Publix
Tuesday, Dec. 7 6:00 p.m.	Chamber Music on Main Concert at Cola Museum of Art	Friday, Dec. 17 9:00 a.m.	Grocery Shopping at Food Lion		

Popcorn Cinema

Fridays	3:00 p.m. Keenan Event Center	Dec. 17 "It's a Wonderful Life" Drama/Fantasy PG 2 hr. 10 min. 1946
Dec. 3	"The Notebook" Romance/Drama PG-13 2 hr. 1 min. 2004	Dec. 24 "White Christmas" Musical/Romance NR 2 hr. 1954
Dec. 10	ALTERNATE LOCATION: Multipurpose Room "Tora! Tora! Tora!" War/Action G 2 hr. 24 min. 1970	Dec. 31 "The Sound of Music" Musical/Romance G 2 hr. 54 min. 1965

Hollywood, History, & Hot Dogs

With Dr. Walter Edgar: Author, Professor, & Host on SC Public Radio

Watch a special Popcorn Cinema movie on a Friday! Then sign up to attend a historical lecture about the movie, the Monday following!

THE BRIDGE AT REMAGEN
Friday, January 28th | 3:00 p.m.

TO KILL A MOCKINGBIRD
Friday, February 25th | 3:00 p.m.

THE LAST OF THE MOHICANS
Friday, March 25th | 3:00 p.m.

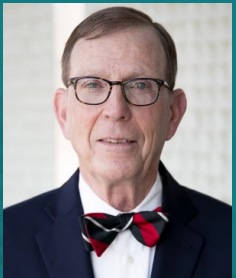
CAT ON A HOT TIN ROOF
Friday, April 29th | 3:00 p.m.

HOLLYWOOD, HISTORY & HOT DOGS
Monday, January 31st | 11:30 a.m.

HOLLYWOOD, HISTORY & HOT DOGS
Monday, February 28th | 11:30 a.m.

HOLLYWOOD, HISTORY & HOT DOGS
Monday, March 28th | 11:30 a.m.

HOLLYWOOD, HISTORY & HOT DOGS
Monday, May 2nd | 11:30 a.m.





JOSE CASTRO

1st Nomination: Jose Castro is a master communicator! He always brightens my day every time I see him. His friendly "hello" makes me feel so good! He is a true ambassador as he roams the halls with his big trash can. Jose makes the world a better place for all who are privileged to bump into him and his cart during the day.

Submitted by Rhonnie Newton

2nd Nomination: Jose is a tireless worker with a cheerful smile whenever you see him in our building at Hopewell! You may see him cleaning floors, hauling garbage, or working to keep things neat and clean on the outside of the building. He makes a point of smiling and greeting the residents and he will help in any way he can.

Thank you, Jose, for your work and your cheerful attitude! Your generous spirit is just one more reason to make living at Still Hopes a special experience.

Submitted by Judy and Bob Holliday

Shining Stars:

STILL HOPES EAGLES
WHO SOAR! NOVEMBER
EMPLOYEE OF THE MONTH

An Afternoon with Mrs. Claus

Sunday,
December 19 | 4:00 p.m.
Emilie's Courtyard
Cost: Free

Enjoy an afternoon with your Grandkids, Great Grandkids or the special little ones in your life to celebrate the holidays! Mrs. Claus and her elves will be serving cookies and cocoa.

Holiday Lights on the River at Saluda Shoals

Wednesday,
December 22 | Depart: 5:30 p.m.
Cost: \$17 (Transportation, admission,
box dinner & drink from Chicken Salad
Chick included)

Experience the magic as Saluda Shoals Park comes alive in millions of sparkling lights. Journey through more than three miles of lights featuring colorful, animated light displays of all shapes and sizes! Create lasting family memories this year at Holiday Lights on the River.

Welcome New Residents

Harriet Straits
Judy & George
Thrana

Kitty Inabinet Vickery
Gaile Boule & Ernie
Squarzini

December Birthdays

01 Chubby Rice	16 Charles Houseman
03 Sara Freeman	17 Loretta Snyder
04 Joe James	18 Mike Murrell
04 Doris Stephens	18 Sally Pulliam
05 Ben Gimarc	19 Martha Campbell
05 Greg O'Neal	20 Kermit King
08 Polly Rogers	22 Paulann Benfield
09 Bob Stearns	22 Harriet Strait
10 Walter Edgar	23 Bob Malanuk
10 George Ross	24 James Brady
10 Jim Moore	25 Clyde Dornbusch
11 Suzan Blazon	25 George Inman
11 Diane DeFord	27 Clinch Belser
13 Wilma Halford	28 Joe Carter
13 Jim Wiseman	28 Louise Glenn
16 Steve Fowler	30 Clay Johnson



Chapel of the Holy Spirit

REV. DOUGLAS GRAY, CHAPLAIN
803.739.5033 | dagray@stillhopes.org

Sunday Worship Services

Join us for Worship
in the Chapel of the Holy Spirit

Sundays • 11 am

Communion will be served

Morning Prayer

Sundays • 11 am
televised on Still Hopes TV
Channel 1390/122

Special Christmas Services

Sunday, Dec. 19 11:00 a.m. Lessons and Carols Chapel	Friday, Dec. 24 4:00 p.m. Christmas Eve Service Chapel
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Sunday, Dec. 26 • 11:00 a.m.
Holy Eucharist
Chapel

Bible Studies

BIBLE STUDY	MEN'S BIBLE STUDY
Mondays • 1:30 p.m. 3rd Floor McDowell Activity Room	Tuesdays • 11 a.m. 3rd floor McDowell Activity Room

GOSPEL OF MARK BIBLE CLASS

Led by the Rev. Doug Gray, Chaplain

Thursdays • 10:30 a.m. - 11:30 a.m.
Chapel

Please join us for our study on the Gospel of Mark. No prior knowledge of the Bible is necessary to attend! All are welcome. Please Note: we will not meet on December 23, or December 30.

*Please note that there will be no services or Chaplain led Bible Studies from December 27 through January 1.

We fondly remember...

JAMES BARTLEY
CALISTE "C.J." CAMBRE
LARRY CROUCH

Heartfelt sympathy is
extended to family and friends.



2021 Mepkin Abbey Crèche Festival & Lunch Outing

Wednesday,
December 1 | 9:00 a.m.
Cost: \$18 includes lunch & tour
Reserve your seat by signing up in the Life
Engagement Reservation Book.

Hello!

It's been a great month for crafters here at Still Hopes. We made all kinds of things out of resin in November, and I was so impressed with the creativity shown. Also, Diane DeFord will be continuing her Simply Sketching series in December!

We had such a blast at the Holiday Market in November! Thank you to Dorothy Davis, Ella and Karl Pfaehler, Cynthia Murphy, Patty Hancock, Sue Jones, Judy Milone, and Peggy Savas for your hard work and sales prowess at the Still Hopes booth! And, thank you SO much to everyone who contributed items for the sale: our Creative Crafters, Silver Stitchers, and Busy Needles created such beautiful merchandise. We made over \$1000 dollars for the Resident Assistance Fund, and I couldn't be prouder.

Please see our schedule for December. We'll be getting festive! Whether you are a crafter or not, I encourage you to attend our gift wrapping social on December 13th; bring your gifts, your wrapping supplies, and your holiday cheer. We'll bring the snacks and the holiday music.

Wishing you abundant craftiness and a joyful season,

CARRIE CHALFANT
Life Engagement Assistant,
Independent Living

cchalfant@stillhopes.org
803.739.5058



Creative Crafters

Mondays	2:00 p.m. Arts on Main
Dec. 6	Table Top Yarn Trees
Dec. 13	Cards and Wrapping
Dec. 20	Cookie Decorating
Dec. 27	Wrapping Paper Wreaths



Our first installment of Adventures in Art took place in November! We visited SOTA in Cayce and tried out potter's wheels. From left to right pictured: Clara Smith, Patsy White, Donna Richter, Carolyn Godsey, Patty Hancock, and Peggy Savas.



Still Hopes residents had a watch party for Walter Edgar's Journal's 21st Birthday Celebration. Congratulations Walter!



Riverbanks residents enjoyed a Pizza & Beer Party outside on their beautiful patio while the moon rose in the distance providing the perfect evening outside under the stars in November. Pizza was provided by the local pizzeria The Village Idiot and Life Engagement Assistant performed music.

Adopt A Grandparent Pen Pal Project

White Knoll High School and Still Hopes Partnership

Sociology is the study of the development, structure and functioning of our society. A major portion of this study is known as gerontology which is the study of the aging process. From Gerontology the study of the interaction with these people is called intergenerational studies.

A major project and portion of our students' grade for the Sociology course will be our own intergenerational gerontology study called *Adopt A Grandparent*.

The goal through this project is to connect with a Still Hopes resident and develop an intergenerational relationship with them through letter-writing.

During certain days in the Spring 2022 semester, we will take time to write to our selected Still Hopes residents. The students will write the first letters by introducing themselves to the residents.

There will be four letter writing days for students during the semester, February 15, March 4, March 25, April 21. During the letter writing days, the entire class period will be devoted to reading mail and writing. *Still Hopes Resident's letters will be due on March 2, March 23, and April 19. We also have a social planned for you to join us at White Knoll High School during class time on May 17.* The students are going to be asked to hand write the letters, not type them, to earn credit for the project, however residents are more than welcome to type theirs if they wish.

If you are interested in participating, please sign up in the Life Engagement Book in December.



Serving and Honoring our Veterans

Feeding the fish with Larry Crouch, a recent rehab guest whom we had the pleasure of getting to know, and who attended the wonderful Veterans Day gathering on November 11th. We recognize our veterans for their dedicated service. Larry was in the Army Reserves.

John Tasevski, AAP-BC, Life Engagement Assistant, Sanders
jtasevski@stillhopes.org



Ageless Technology

Wednesday, Dec. 8 & Dec. 15 | 4:00 p.m.
Keenan Event Center

New Portal - HUB training



Sweet little Lolo sure has grown from that little 9 ounce kitten found in the McDowell parking lot in July! He is now 4 months old and weighs 5 pounds! He rules the Gohean household, acting as sidekick to his best bud Josephine (Joey). He loves playing on his climbing tower and sleeping beside Tacey all night (either on top of or under the covers). He hides under the sofa when Joey barks, and likes pouncing on feet when we make the bed. Lolo will truly be a blessing for us this Christmas (and everyday)!

Morning Delights

In JBG we have added a new treat to the calendar called "Morning Delights". Our wonderful culinary department provides a treat to the JBG residents twice a month. For the past two months residents enjoyed delicious smoothies. With the weather changing and the holidays arriving, Otis Spunkmeyer cookies are our choice for Morning Delights. Chocolate chip cookies have been requested. Yum! These treats occur the first and third Wednesdays of each month at 10:30. Feel free to stop by on a Wednesday morning for a cookie and a visit!

Diane Fisher, Life Engagement Asst.
Jane Bruce Guignard Neighborhoods



LIFE ENGAGEMENT

Holiday Market Success

& Welcoming Volunteers in December!

I hope you purchased some wonderful gifts for your family, friends (and maybe yourself) at the recent Still Hopes Holiday Market. If you missed it, we have additional items from the Market for sale in the Shoppe on Main. Specifically, there are holiday earrings, scented candles, colorful candlesticks, seasonings, watercolor holiday cards, and more. Additionally, we have special homemade gifts from the resident Creative Crafters, Busy Needlers, and Silver Stitchers. They have made holiday wreaths, pottery, canvas prints, and eco-friendly, reusable gift bags for any occasion (perfect for wrapping Christmas gifts). Stop by and pick up something special for anyone on your gift list!

As a special note, this year's Holiday Market purchases as a result of resident and employee account charges totaled \$7,869. This total does not include purchases made by check, Venmo, or credit card to the vendor. To give you a quick comparison, here are the results from prior years:

Nov. 2021	\$7,869	Keenan
Nov. 2020	\$5,894	Outdoor Market/Covid Protocol
Nov. 2019	\$6,529	Keenan
Nov. 2018	\$6,106	Keenan

Congratulations to Life Engagement team members Holly Crawford who led and coordinated the Market this year, and Carrie Chalfant, alongside resident volunteers, who have been making crafts since summer to sell at the Market. Each year is so successful and builds on the next!

And when it comes to processing ALL those resident and employee charges, special thanks to Jeannette Barlow in the Business Office for completing all the paperwork quickly so our vendors were paid immediately after the Market.

Thank you for shopping and spending the day with us! Until next year, come shop on Main Street!

Mary Wells, pictured, volunteers in the Shoppe on Main.



Michelle Rabon
Director of Life Engagement
mrabon@stillhopes.org

Life Engagement Welcomes Volunteers Back to Our Community this December

Life at Still Hopes is greatly enhanced by the service of volunteers from the community, churches, schools, and other organizations. We all gain valuable knowledge and growth through their experiences. I am excited to welcome the assistance of volunteers back to our ministry. It has been so long, and we miss you.

Still Hopes residents, individuals, and groups outside the campus are encouraged to find places of service here. Our mission is to provide a faith-based community where life will be rich and full as God intends it to be, holding to our values, serving one another with dedication and promoting health and wellness for all. For the safety and welfare of all concerned, new guidelines have been established to assist past and future volunteers.

To become a volunteer, please contact me at mrabon@stillhopes.org or 803-995-8134. Volunteers will be required to provide their Covid vaccination card, submit an online volunteer application, tour our campus, and attend an orientation session. Each volunteer will be assigned to a community neighborhood. In addition, volunteers will be required to wear a nametag, surgical mask, and record their hours with the Life Engagement Department.

I look forward to you sharing your talents and gifts with our residents soon!

2021 Veterans Day Recognition & Gathering at Still Hopes

Thank you to all of our men and women who currently serve, or have served, to protect our great nation. Rob Graybill and Ken Maulding are pictured. Dan Dannerbeck and Life Engagement Assistant Bob Michalski gave a patriot tribute during the gathering.

Dan has been playing clarinet since he was 16 years old. His clarinet he played during the gathering is 61 years old.



Otis Has Left the Building

Otis kicked me under the bus! Who is Otis, you ask? Otis Spunkmeyer... the cookie guy. He totally took over Rose Gardens and yours truly lost popularity. I mean how could you not love Otis? The halls were filled with the amazing cookie aroma from freshly baked dough. Joyce McDonald used just enough baking time to where the treats turned out perfectly...talk about a mid-afternoon snack! In fact, one resident suggested we open a lemonade stand where we can also sell cookies. Not a bad idea. Maybe next year.

Our courtyards are looking beautiful with the new cold weather annuals showing their color. The landscaping crew does a fabulous job beautifying our grounds. The exclamation point is our new planter box filled with a new crop of beautiful annuals, located just outside the dining room. Mary Clarkson and friends meticulously helped



Mary Clarkson

with the planting. Every meal will be extra special as we enjoy looking at the beauty right outside the window.

Another year in the books and what a doozy! I heard someone say in 2020 he stayed away from negative people. In 2021 he stayed away from positive people. As funny as it sounds, I'm sure we all hope and pray 2022 will be an exciting and healthy year for all of us. May God bless your homes, families and the promising days ahead. Merry Christmas and Happy New Year!

"The only time you should look back, is to see how far you've come."

Bob Michalski, Life Engagement Assistant, Rose Gardens, bmichalski@stillhopes.org



INDEPENDENT LIVING Holiday Decorating

BUILDING 6: EVERGREEN

Wednesday, Dec. 1 | 3:30 p.m. to 5:30 p.m.

BUILDING 4: MCDOWELL

Thursday, Dec. 2 | 9 a.m. to 11 a.m.

BUILDING 5: TRINITY

Thursday, Dec. 2 | 1:00 p.m. to 3:00 p.m.

CONCIERGE

Thursday, Dec. 2 | 3:30 p.m. to 4:30 p.m.

BUILDING 7: HOPEWELL

Friday, Dec. 3 | 9 a.m. to 11 a.m.

MAIN STREET

Friday, Dec. 3 | 11 a.m. to 12 p.m.

"WRAPPING UP" WITH HOT COCOA Emilie's Cafe Dining Room

Friday, Dec. 3 | 1:30 p.m. to 2:30 p.m.



Merry Christmas...



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Housekeeping • Personal Care • Meals

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Healthy Dynamics

AN ON-SITE, ONGOING PROGRAM FOR APARTMENT, CONCIERGE, AND COTTAGE RESIDENTS

Tacey Gohean | Community Services Director | 803.739.5047

Cognitive Concerns & Memory Loss

The Facts, and Approaches for Staying Connected

Thursday, Dec. 2 | 3:00 p.m.
Keenan Event Center

Join us for a presentation by special guest speaker, **Dr. Victor Hirth**. Memory loss and dementia can be frightening and overwhelming, whether experienced by you, by a loved one, or by a friend. Come arm yourself with correct information and helpful approaches that can make life better for all. ...And we won't forget the CHOCOLATE!

Medicare Open Enrollment is coming to a close!

The annual enrollment period began on **October 15** and ends on **December 7, 2021**. This is the time to make sure the insurance plan(s) that you have or choose for 2022 is the right plan for you.

You may get phone calls and mailed advertisements to consider plans that sound less expensive on the front end. Please don't be hasty and don't be fooled—if it seems too good to be true, it very likely is! And if the person trying to sell it to you is not someone you know and trust, **BEWARE!**

They do not know your personal situation and likely don't have your best interest in mind!

Podiatry Services

Wednesday, December 29

Dr. Keyoka Smith, Podiatrist, will be available on these dates. *Please sign up* to see Dr. Smith in the Healthy Dynamics Book on Main Street near the Atrium.

Hearing Specialist

Thursday, December 2

Hearing Specialist **Mike Arndt** will be at Still Hopes. *Please sign up* to see Mr. Arndt in the Healthy Dynamics Book on Main Street near the Atrium.

Moderna Booster Clinic

The Moderna Booster Clinic was a real SHOT-IN-THE-ARM success for our residents!

221 of our apartment, cottage, and Concierge residents received their COVID booster vaccines at our Still Hopes booster clinic on November 9th and 10th. Thank you, CVS, for partnering with us, and all of the staff volunteers who helped! We appreciate you!!

Parkinson's Support Group Meeting

Friday, December 3 | 10:00 a.m.
Activity Room, McDowell, 3rd Floor

We welcome those living with Parkinson's Disease and their care partners! Please join us!

Wellness Checks!

Mondays & Thursdays | 9:30 - 11:00 a.m.
Mondays: Card Room 2, 2nd floor McDowell
Thursdays: Spa Room 1, Wellness Center

Please note: There will be no Wellness Check on Thursday, December 23rd.

Wellness Checks are staffed by our Solutions for Living at Home nurses **Allison, Vickie, and Raquel**.

Living with Low Vision Group

Join us in our group meeting on

Wednesday, December 1 | 2:00 - 3:00 p.m.
Guignard Dining Room

This group is open to all residents who are living with low vision.

Care & Share Support Group

Tuesday, December 7 | 1:30 - 2:30 p.m.
Activity Room, McDowell, 3rd Floor

This group is open to all residents who are care partners for a spouse.

Take charge of your fitness in 2022!

CLASSES TO INCREASE STRENGTH, STAMINA, FLEXIBILITY, BALANCE WHILE REDUCING PAIN AND ANXIETY:

Tai Chi

Join Dan Bernardo, head instructor of WellWithin Martial Arts, on a holistic journey to balance, mobility, coordination, and overall more confidence in movement. Using Taijiquan as a path to internal cultivation, we will focus on subtle shifting of weight and developing good posture for ease of movement and better balance. You can practice Tai Chi using ambulatory devices or sitting in a chair as well as standing.

Water Aerobics

Improve your endurance, coordination, and balance through continuous motion in the pool. A series of limbering, cardio, and strengthening exercises are combined with a "go at your own pace" style aerobic portion. Exercising in water is easy on the joints and is therapeutic for circulation and pain. You need no previous experience nor do you need to know how to swim.

Strong Bodies

This strength & conditioning class is performed seated in a chair and standing behind a chair for support. Upper and lower body strength

exercises with dumbbells and stretch bands are designed for increasing or maintaining strength, balance, and agility to perform daily activities.

Chair Aerobics

Challenge your aerobic conditioning with seated rhythmical movement set to music. Lower body strengthening and balance exercises while standing behind the chair are an added benefit.

Stretch & Align

Move and stretch on floor mats to reduce joint stiffness. The focus on core strength builds the foundation for a strong lower and upper body. Benefits include relaxing tight muscles and building strength in the abdominals and low back muscles. The resulting muscle balance relieves pain and correctly aligns the body.

Cardio + Strength + Balance

A complete workout! Class includes low-impact aerobics, strength training, balance exercises and stretching. Exercises are performed standing and lying on mats. This class is for the high-functioning person who wants to stay high-functioning.

Watch for class schedules in your in-house mailboxes or on Still Hopes TV in December.

P.O. Box 2959
West Columbia, SC 29171-2959
stillhopes.org

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Angel Ornaments

HONOR OR REMEMBER YOUR ANGEL THIS HOLIDAY SEASON.

We will have two Still Hopes Angel Christmas Trees: one on Main Street and one in the Greenway lobby. All donations for the Still Hopes Angel Paper Ornament Trees will go to the Still Hopes Opportunity Fund, which will put the Still Hopes Board of Trustees in a position to investigate and implement mission opportunities. Those who are honored or remembered, or their families, will be notified of your gift.

Please cut this form and mail with a check to The Still Hopes Development Office, 1 Still Hopes Drive, West Columbia, SC 29169.

Your name:

My angel is in honor/memory of:

☐ Check here for the Main Street Tree

☐ Check here for the Greenway Tree

One name & location per angel: \$20 each.

