

Golden Life

Vol. 21, No. 7

News for Pee Dee Area Retirees & Baby Boomers

June 2015

Fun *with* Fitness at Pee Dee Gardens

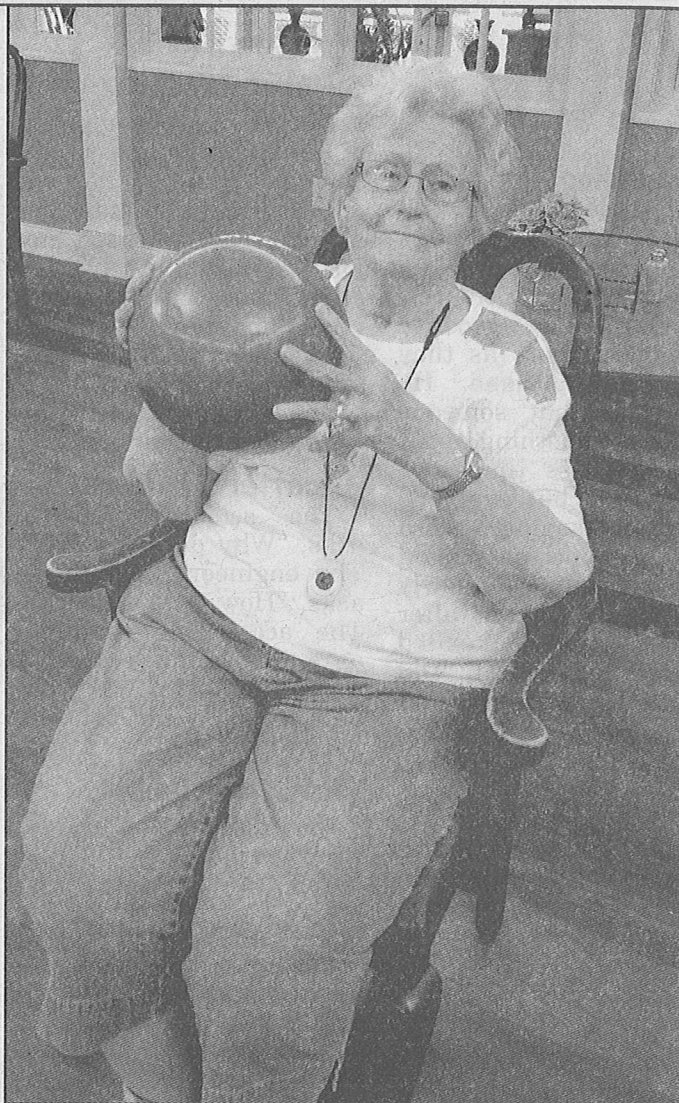
Residents at Pee Dee Gardens, a DePaul Senior Living Community in Florence, are staying active thanks to help from resident Jennie Graham who has been leading a chair exercise class Monday through Saturday at 10 a.m. for four years!

"It helps keep the other residents active, and that is very important," said Graham. On average, 15 to 20 residents show up to the class daily where they use stress balls to aide in arm exercises, perform leg and breathing exercises and then toss the ball for the last half of the class.

The class lasts for one hour and is physically and mentally supportive to each of the residents.

"They not only build strength with the physical aspect, but it clear their minds to prepare them for their day," said Activities Director Carly Yaken. "This class is an essential part of most of our resident's day!"

For more information, please contact Administrator Sherri Scott at (843) 667-6699.



Pee Dee Gardens resident, Shirley Pearson