



# PALM VILLAGER

A PUBLICATION OF PALM VILLAGE RETIREMENT COMMUNITY • WINTER 2005

## Exercise Will Be Fun at PVRC's New Fitness Center

The installation of Palm Village's new Fitness Center in the lower level means residents now have easy access to high-quality exercise equipment that can be used to improve their overall health.

According to the U.S. Centers for Disease Control and Prevention (CDC), most people age 65 and older don't do enough strength training to stay strong.

A January, 2004 CDC study found that only 11 percent of adults age 65 and older strength trained two or more days a week. So Palm Village decided to make it easy for residents to change that statistic.

But strength training and building muscle is only one small benefit of a regular exercise program, according to AARP researchers. The CDC

**Discover a great way to make new friends  
and be healthier, all at the same time!**



**Everything in one room:** The new PVRC Fitness Center has all sorts of specialized exercise equipment, along with helpful posters to educate users to proper exercise techniques.

also states that a little physical activity goes a long way. At least 30 minutes of activity five or more days a week can improve a senior's overall health.

And to prevent boredom while exercising, fitness professionals recommend changing your routine daily to keep your exercise experience fresh and exciting.

Major benefits of regular exercise include:

- Increased cardiovascular fitness
- Increased flexibility and muscle strength
- Decreased depression and anxiety
- Weight loss
- Lower blood pressure
- Reduction of the risk of heart disease
- Stronger immune system
- Prevention of bone loss

### What residents are saying...

**Helen Harvin** – "I like using the treadmill and staying fit. I have been a figure skater my whole life and kept it up until I was 78. Now I enjoy using the exercise equipment to get a good workout."

**Marjorie Guichard** – "The exercises I am doing help me get going and feel better. Even though I use it for a short period, I feel that it helps me."

**Helen Krause** – "I really, really appreciate the gym. Even though I'm a walker, I need the other exercises. It's a great addition for us in the Patio Homes. The machines are great and I appreciate the help."

See "Fitness Center" on page 2

## New Fitness Center, from page 1



**Burning away those calories!** *Barbara Friesen, left, and Helen Harvin are just two of the many active Palm Village residents who are now enjoying the brand new on-site exercise facilities.*

If you haven't been physically active before, don't worry - it's never too late to start, says AARP. You can start building muscle and regaining strength at any age, so if it has been a while since you've worked on your strength, that's okay. Research shows that even people who begin strength training in their 90s can become stronger and healthier in as few as eight weeks.

Besides the obvious health benefits, both CDC and AARP researchers agree that exercising can also be a great social outlet for seniors. Palm Village residents who work out together in the new Fitness Center find they can enjoy

**Setting up a "Buddy System" allows you to exercise with a friend on a regular schedule**

quality time with friends while encouraging each other to get the most out of each exercise period. We suggest a "buddy program" where you set aside a time 2-3 times a week when you will meet a friend in the fitness room.

If you commit to meeting someone, you'll not only enjoy the exercise more, but also develop stronger friendships.

Before beginning any exercise program, the U.S. Surgeon General's office recommends following a few simple safety guidelines, starting

with discussing the program with your doctor. In addition, if your mobility is limited as a result of a chronic or disabling condition, be sure to review specific exercises with your doctor, and keep in mind your level of ability and endurance so that you don't risk discom-



**A little help is there when you need it!**

*Irma Toews, left, welcomes some instruction from Norma Froese on the best way to operate the new exercise equipment. At first glance, the new Fitness Center can appear complicated, but with a few easy lessons from Palm Village staff, residents will be able to easily learn the weight machines, stationary bicycle and treadmill.*

fort or injury. Once you begin any exercise program, if you experience pain while exercising, stop that particular movement and ask your doctor about it on your next visit.

With just a little planning and effort you will improve your health and your friendships.

**See you in the Fitness Center!**

## On the Road with PVRC!

December, 2005

This holiday month will be a busy one for PVRC residents. The fun starts with the Electric Light Christmas Parade in downtown Reedley, followed by a visit to Kearney Mansion. We'll also be visiting the Christmas Village at the Dinuba Senior Center, and attend a Christmas drama presented by the Mountain Valley Baptist Church. Residents can go "On the Road" to enjoy RMBC's Portrait of Christmas, Immanuel High School's "Sounds of Christmas" and the Reedley Community Orchestra's Winter Concert. Contact Norma Froese for more information on these exciting holiday "Road Trips".

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## New Development Creates Options for PVRC Neighbors

By Jim Dueck  
Development Director

The new Cottage Commons gated community for residents 62 and over is being built adjacent to Palm Village and offers buyers an option that will help plan for future retirement years.

When purchasing one of the beautiful homes at Cottage Commons, buyers will have the opportunity to convert the property to a Patio Home which then guarantees entrance into Palm Village's Continuing Care facilities when their health needs change.

This gives the buyer the stability and investment opportunity of home ownership while maintaining the flexibility of a relationship with PVRC that ensures that space and services will be available when needed.

It is important to note that because of the usual length of PVRC's waiting list, entrance to Palm Village Retirement Community as a resident is not always immediate. So the advantages and proximity of the gated community to PVRC and the "guaranteed entrance" plan with Cottage Commons can add a sense of peace for the future.

For more information on this unique opportunity, call me today at 559-638-6933.

*Picture  
Yourself  
Here*

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(559) 638-6933

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