

January 2024 Newsletter

WE WISH YOU A HAPPY *new year*

Start your New Year out right at the UMC Activities Center!

The UMC Activities Center is a place that can help you get active and stay physically fit in a group setting. Whether you are looking for a low intensity class, a high intensity class or something in-between we have what you are looking for. At the UMC Activities Center everyone is welcome and we will be happy to help you find a class that meets your needs. Below is a list of classes currently available at the UMC Activities Center:

Exercising/Conditioning

Mobility and Balance with Sharon (T/TH @ 10:30AM): Focus is directed towards improvement of balance and gentle developmental movements to enhance mobility. Use of chairs for stability may be utilized. Emphasis is on basic skills and building strength. Intensity Level: Low

Intro to Wellness with Shana (M/W/F @ 1:15PM): An introductory class to help get started with exercise or a class to stay involved with and enjoy the social benefits of exercise. Class consists of singing, stretching, strengthening and range of motion exercises performed seated and some standing. Stretching bands, dumbbells and body weight are utilized as resistance. Intensity level: Low



Exercise 1 with Avery (T/TH @ 2:30PM): Emphasis on stamina, strength, balance and some stretching. Exercises are performed sitting and standing. Intensity Level: Low

Seated Strength with Avery (M/W @ 2:15PM): Low impact resistance movements all performed sitting that emphasize building strength. Class will utilize dumbbells, resistance bands and other pieces of equipment. Class primarily focused on improving muscular endurance, strength, and bone density. Intensity Level: Low to Moderate.

Exercise 2 with Robin (T/TH @ 11:30AM): Exercises are performed standing and sitting. Emphasis on flexibility, strengthening, balance, and stretching. Also includes rhythmic activities. Intensity Level: Low to Moderate

Total Body with Janet (M/W/F @ 12:15PM): Conditioning class-emphasizing endurance, strengthening, stretching, and shaping. Includes standing and seated activities and use of various equipment. Intensity Level: Moderate

Aerobics with Robin (T/TH @ 8:30AM): Continuous cardiovascular movements along with strength training and flexibility. Emphasis on building endurance through movement. Minimum Physical Requirements: able to step side to side, forward and back in a row without losing balance. Intensity Level: Moderate to High

Strictly Strength 1 & 2 with Avery (M/W/F @ 8:00, 8:50AM): Class that puts the emphasis on resistance training in order to build strength and endurance. Class will utilize body weight, dumbbells, barbells, and bands, and kettlebells. Improve muscular endurance, strength, bone density, and reshape your body. Intensity level: Moderate to High

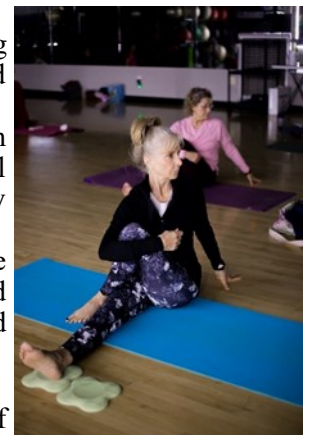


Mind/Body

Chair Yoga with Cherish (W/F @ 3:15PM): Emphasis is on flexibility, range of motion, strengthening, and balance. Primarily seated exercises, ending with relaxing activity/meditation. Goal of the class is to maintain and enhance functioning for daily living. Intensity Level: Low

T'ai Chi Chih® with Cindy (T/Th @ 3:30PM): A Western style of movement related to Tai Chi that improves well-being. The class involves slow, continuous, circular, shifting movement to stimulate inner energy chi flow. Will increase balance and flexibility. May be performed standing or sitting. Easy to learn. Intensity Level: Low

Yoga with Anita (M/W/F @ 9:45AM): Uses the physical postures, breathing practices, relaxation and meditation to harmonize body, mind and spirit as well as increase strength, flexibility and balance. Intensity Level: Low to Moderate



Continued on the next page

Dance

Learn to Dance with Jim and Linda (M @ 6:30PM & W @ 4:05PM): Designed to teach basic dance steps to partner dances. Dances taught may include Waltz, Country Western Two-Step, Tango, Rumba, etc. For optimal results bring a dance partner. Intensity Level: Low



Line Dance Level 1 with Gail (M @ 4:05PM & T @ 12:30PM):

Absolute beginner. Suitable for those with no experience of dance. Learn dances to fun music while growing your knowledge of the language of basic steps through a “feet on” experience with detailed walk-throughs. Intensity Level: Low

Line Dance Level 2 with Gail (T @ 1:30PM): Experience and knowledge of Line Dance Vocabulary required. Intensity Level: Low to Moderate

Line Dance Level 3 with Gail (TH @ 12:30PM): Preparation for more advanced levels of Line Dance. Need to have mastered Line Dance Vocabulary and understand basics of Beginning Line Dance. Dance to upbeat music while improving on the cha cha, waltz, mambo, 2-step, and rumba. Intensity Level: Low to Moderate

Line Dancing with Terri (TH @ 1:30PM): Experience and knowledge of Line Dance required. Emphasis will be on dances already introduced with minimum teaching and cuing. Intensity Level: Moderate

Line Dance Level 4 with Nancy (M @ 10:50AM): Should have mastered Vocabulary and Beginner Classes. Emphasis is on learning new routines and dances. Intensity Level: Moderate to High

Reminder: Line Dance Level 1 with Gail starts from the beginning of the “feet on” experience on Tuesday January 2nd @ 1:30PM. You are more than welcome to start your “feet on” experience at any time but January 2nd will start with the most basic steps and progress into a 13-week learning experience. Line Dance Level 1 with Gail meets on Mondays @ 4:05PM & Tuesdays @ 12:30PM and is designed for absolute beginners looking to learn the vocabulary and basic steps.

The UMC Activities Center is here to help you in the pursuit of improving or maintaining these steps to a healthy lifestyle. Come out this month to the UMC Activities Center and work on a step to a healthier lifestyle. If you are not a member you can drop in for only \$5 per day and see what we are all about! The UMC Activities Center is located at 7105 Kewanee Avenue. For more information call the office at 806-761-0676.



VOLUNTEER SPOTLIGHT

Catlin McCune



Happy New Year! We are ringing in our first Volunteer of the Month with Mr. Jim Finn. Jim is an instructor at our very own UMC Activities Center, alongside with his wife Linda. Jim is originally from Racine, Wisconsin - but has been in Lubbock for 17 years. His hobbies align with what we see him do - which is dancing and woodworking! Jim and Linda

teach Learn to Dance every Monday night at 6:30 and Wednesday at 4:00pm. Along with teaching, he has been handmaking and carving toys for 14 years. He meets his goal annually to make 1,000 toys a year for kiddos. This past month he donated 500 beautiful toys to UMC, pictured below. Thank you Jim - for your commitment to our community with your artistic and unique abilities. We appreciate you!



+ VOLUNTEERS NEEDED

Are you interested in helping support UMC Health System and our community? Volunteering is a great way to get involved! UMC Health System relies on the support of our volunteers who generously give their time in support of our mission to help the community and provide the best care possible. Here are some ways you can get involved:

- Greeting Program
- Courier
- Helping the Information Desks
- Therapy Programs (Pet & Music Therapy)
- Donations (Patient Care Packages, Nursing/Staff Care Packages, Books, Cards, Blankets, Toys, ect.)



Ready to get started or have questions? Please follow the contact information down below or scan the QR code on the back for more details!

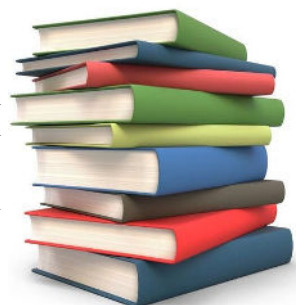
CONTACT US:

PHONE: (806) 775-8238

EMAIL: CATLIN.MCCUNE@UMCHEALTHSYSTEM.COM

Friends of the Library Sales:

The Mahaon Library located at 1306-9th St will have book sales January 26th-27th and February 23rd-24th, 9:00am-2:00pm. Sales are located in the basement and are open to the public.



FREE HELP WITH 2023 TAX RETURNS: (PUT IN JANUARY - MARCH)

AARP TAX-AIDE, the nation's largest volunteer-run tax counseling and preparation service, will prepare taxes at the Lubbock Adult Activity Center (Lubbock Senior Center), 2001 19th Street, on Wednesdays and Thursdays only, beginning Thursday, February 1st until Thursday, April 11th. Taxes will be done on a first-come, first-serve basis! Please do NOT call the office at the Lubbock Adult Activity Center to try to set up an appointment. Hours will be 8:30am-2:30pm. You are urged to check in early with all your documents.

Social Security cards are required for all persons listed on the tax return. Photo IDs are required for primary persons on the return. Please bring a copy of last year's return. Also bring all 2023 W-2s, 1099s, 1095 A, B or C, end of the year Social Security statement(s), and any other pertinent forms.

Volunteers are trained and have experience. There are some return scenarios which will be considered out-of-scope for AARP TAX-AIDE. Examples are married filing separately, rental properties, and fam income. Come by if you have questions and volunteers will be happy to assist you.



UMC Health & Wellness Hospital, now open at 11011 Slide Road.

~ **Dean Diersing, MS, RCEP, CCRP, FAACVPR**

We are very excited to expand the UMC footprint to the southwest part of the Lubbock community. The demand for healthcare in this area has grown, because Lubbock has grown! We are very excited to be a part of the 79423 and 79424 neighborhood, the 2 fastest growing zip codes in the western half of Texas, with the trusted UMC brand.

The UMC Health & Wellness Hospital, a state-of-the-art facility offers Cancer Center Infusion (City Bank Infusion Center), Cardiac Rehab, 24/7 Emergency Center, Inpatient Beds, Laboratory, Medical Fitness Center (UMC Connect), Occupational & Physical Therapy, Operating Rooms & Cardiac Cath, Pharmacy (Drive Through) and Radiology (MRI, CT, Ultrasound & Interventional). Health & Wellness offers a

UMCP Clinic with Dr. Timothy Dixon (Internal Medicine), Dr. Celeste Gavino (Family Medicine) and April Garcia, PN for your health care needs. In April 2024, Texas Tech Physicians will open a clinic for Cardiology, Endocrinology, Family Medicine, General Surgery, Internal Medicine, Orthopedics and Urology.

We are very excited to offer UMC Connect which is our state-of-the-art Medical Fitness Center. Combining technology, innovative equipment, and flawless design, UMC Connect will change the way you work out. UMC Connect staff is also a differentiator. They hold Masters Degrees, Bachelors or working towards a bachelors in Exercise Science/Kinesiology. Our experts merge an individualized approach to fitness with whole-body mindfulness that creates results you cannot get anywhere else. Join us for small group or personal training or take advantage of our high-tech Technogym machines to run, bike, climb and push to a healthier you. When you're done, recover with style in one of our relaxing Recovery Rooms.

Medical Fitness programs include:

- Diabetes
- Prenatal
- Postnatal
- Hypertension
- Bariatric
- Cancer
- Sports Medicine

The UMC H&W Hospital is 230,000 square feet to extend our UMC footprint and the Services is our Passion culture in our community. What you have grown to trust with UMC will be continued and on full display here at the Health & Wellness Hospital.

For all UMC Health & Wellness Hospital and UMC Connect activities follow us on Facebook or Instagram or stop by anytime. We would love to see you!

2024 SENIORS ARE SPECIAL CALENDARS:

Seniors are Special calendars are available at the UMC Activities Center, conveniently located 7105 Kewanee Ave. Calendars will be given on a first-come-first-serve basis, and will not be "held" for anyone. For questions or directions, you can call the UMC Activities Center at 806.761.0676.

CONTACT US

Julie Dominguez

Director Volunteers,
Guest Services
& Seniors are Special
(806) 775-8760
Julie.Dominguez@umchealthsystem.com

Shana Barnett

Program Coordinator
UMC Activities Center
& Seniors are Special
(806) 761-0676
Shana.Barnett@umchealthsystem.com

Avery Williamson

Program Coordinator
UMC Activities Center
(806) 761-0676
Avery.Williamson@umchealthsystem.com

Catlin McCune

Program Manager
Volunteer Services
(806) 775-8238
Catlin.McCune@umchealthsystem.com

Robin Welch

Program Coordinator
Volunteer Services
(806) 775-8680
Robin.Welch@umchealthsystem.com

**Seniors are Special travels to Eastern Canada Explorer
featuring Ottawa, Toronto, and Niagara Falls**

July 12, 2024 – July 19, 2024

Spaces still available for this trip!



DAY 1: Arrive in New York State: Arrive in Buffalo, New York and transfer to your hotel. Meet your Tour Manager and fellow travelers for a welcome dinner. Meal: Dinner

DAY 2: Travel Around Lake Ontario to Canada: Depart Buffalo this morning and travel around Lake Ontario to Canada. Have your passports ready as you cross the historic St. Lawrence River and into our “Neighbors to the North.” The destination is the majestic city of Ottawa, your home for the next two nights. Meal: Breakfast

DAY 3: Ottawa, Canada’s Capital City: Today a local guide conducts a narrated sightseeing tour of Ottawa, Canada’s stately capital. See the picturesque Parliament buildings, the colorful open-air marketplace as well as the residences of both the Governor General and Prime Minister. Also included are the War Memorial, the Peace Tower, and the historic Rideau Canal. In the afternoon you will tour the Canadian

Museum of History followed by a narrated cruise to explore the Ottawa River and its rich historical surroundings. Meals: Breakfast & Dinner

DAY 4: Cruising In Canada’s Thousand Islands National Park: Leave Canada’s capital behind this morning and depart for the river town of Gananoque where you board your cruise vessel for a journey through Canada’s Thousand Islands National Park. This collection of islands was known by the native peoples as “Manitoana” or the “Garden of the Great Spirit.” You will see 5th and 6th generation family cottages, a wide variety of wildlife, lighthouses, and breathtaking views. Back on land, continue to the Ontario capital of Toronto, your home for the next two nights. Meal: Breakfast



DAY 5: Toronto Touring and CN Tower: Welcome to Toronto, Canada’s largest city.

Here a local guide conducts a panoramic tour of this cosmopolitan city. See the unique City Hall building, Parliament, and Toronto’s Chinatown district. Later, a visit to Casa Loma Castle is included. The home of Sir Henry Pellatt, a prominent Canadian financier of the early 20th century, this renowned Toronto landmark features unique architecture and beautiful stained glass. For some excitement, you will soar high to the top of the famous CN Tower. Experience the dramatic panoramic views of Toronto and enjoy a delicious, included dinner high atop the tower. Meals: Breakfast & Dinner

DAY 6: Niagara-on-the-Lake Wine Trail: Skirting Lake Ontario, your travels today take you through the winery-rich Niagara Peninsula. Here, a stop at the region’s original winery, Inniskillin for a tour and tasting is planned. Then, continue to another of the peninsula’s great wineries Jackson-Triggs. Here, you are treated to a casual family-style lunch served with a carefully paired glass of wine followed by an estate tour. Later, continue to the beautiful town of Niagara Falls, your home for the next two nights. Meals: Breakfast & Lunch

DAY 7: Exploring Niagara Falls: This morning take an unforgettable boat ride to the foot of Niagara Falls. Experience the power and majesty of Niagara Falls from this remarkable and up-close vantage point. Later, climb aboard the world-class Niagara SkyWheel for a breathtaking view of the Horseshoe and American Falls. At 175 feet tall and featuring 42 fully enclosed gondolas, this is the most exciting way to see the falls. Tonight, enjoy a farewell dinner. Meals: Breakfast & Dinner

DAY 8: Return Home from Buffalo: Bid a fond farewell to Canada this morning with a group transfer at 8:30a.m. to the Buffalo Niagara International Airport for flights out after 12:00p.m. Meal: Breakfast



Costs: The cost of this trip is \$3,749 per person with double occupancy (add \$1,089 for single).

Deposit is \$200 per person.

Travel Protection is available for an additional \$250 per person and must be paid at time of deposit.

\$100 discount off final payment per person when booked by 01/31/2024.

* Passports are required and must be valid for six months after the RETURN date of July 19, 2024.

For more information or to reserve your spot for this amazing trip, please call the office at 806-775-8760.