



**Moorhead
Senior Center**

SENIOR PLANET FROM AARP

Live Online Classes Held In-Person

AT THE HJEMKOMST CENTER

LIMITED SEATS. FREE TO ATTEND.
RSVP APPRECIATED.

 **218.299.5514**

 **moorheadparks.activityreg.com**



MAY 2025 CLASSES

Reminder: Wear comfortable clothing and sneakers to each in-person fitness class. Learn about Finance, Wellness, Fitness, Computers and Technology, and so much more at seniorplanet.org.

Taijiquan (Tai Chi) - 11:00 am-12:00 pm

May 2, 9, 16, 23

Traditional "Taijiquan" (Supreme ultimate fist) is a Chinese system of meditative exercises, characterized by methodically slow circular and stretching movements. Taijiquan is one kind of martial art that you can use for your good health as well as for self-defense. This particular session includes balance exercise and also learning different movement sequences known as forms, a perfect combination for saving our memory as we age.

Easy-to-Follow Tai Chi - 1:00-1:45 pm

May 12, 19, 28

This gentle, slow, flowing form of exercise can be done seated as well as standing, by people of all ages and all abilities. Taiji Fit is easy to follow along and easy to do. There is no right or left, no right or wrong. Just move, breathe, flow.

Mindful Meditation & Breathing - 1:00-2:00 pm

May 15

Join Team Senior Planet for this weekly meditation class. During each session, you'll learn about the benefits of mindful meditation and breathing and then spend time deepening your meditation practice. What to have ready - willingness to sit in silence for 30-45 minutes.



Morning Stretch - 9:00-10:00 am

May 1, 2, 12, 16, 19, 22, 23

Stretching and breathing exercises have shown to reduce anxiety and stress. This class will guide you through 30 minutes of simple stretches and breathing meditations to help you start your day with a sense of calm. We start promptly so please try to join at least five minutes early, if possible! After our 30-minute stretch, we welcome you to stay on for 30 minutes of socializing with other morning stretchers!

Chair Yoga - 11:00 am-12:00 pm

May 6

Join us for this chair yoga class featuring classical yoga postures and breath awareness. Verbal cues offered during class will help you develop better alignment and cultivate mind-body-spirit connection. The class may vary between sitting and standing exercises, and will end with a short meditation.

Please consult your physician or other healthcare professional before starting this or any other fitness program to determine if it is right for your needs. The exercise instruction and information presented are in no way intended as a substitute for medical consultation.