



ADIRONDACK HEALTH MERCY LIVING CENTER Community Events Calendar

All events last one hour and will be held in the Activity Room at Mercy Living Center, 114 Wawbeek Ave., Tupper Lake. Participation is free unless otherwise noted.

Fun for all ages (kids should be supervised) and judgment free!

August

Wednesday, Aug. 1, 6 p.m. - **Tai chi** (\$10 per person)

Thursday, Aug. 2, 12:15 p.m. - **Chair yoga** - more info at adirondackhealth.org/chairyoga

Tuesday, Aug. 7, 10 a.m. - **Exercise/recreation program** - AH Athletic Trainer Lisa Brown will lead a mix of small and large group wheelchair and seated exercises, including cognitive exercises that promote alertness and cooperation.

Tuesday, Aug. 14, 10 a.m. - **Exercise/recreation program** (see above)

Tuesday, Aug. 14, 6 p.m. - **Paint 'n' sip** - \$25 per person

Wednesday, Aug. 15 - 6 p.m. - **Tai chi** (\$10 per person)

Thursday, Aug. 16, 12:15 p.m. - **Chair yoga**

Wednesday, Aug. 22, 6 p.m. - **Tai chi** - \$10 per person

Wednesday, Aug. 29, 6 p.m. - **Discussion on the proper use of adaptive medical equipment** - An intro to common devices (walker and commode) and not so common devices (reachers, long-handled devices for multiple uses). Participants will learn how to fit them to meet individual needs in order to improve standard of living.



September

Thursday, Sept. 6, 12:15 p.m. - **Chair yoga**

Friday, Sept. 14, 6 p.m. - **Partner paint 'n' sip** - \$25 per person

Thursday, Sept. 20, 12:15 p.m. - **Chair yoga**

Saturday, Sept. 22, 10 a.m. - **Fall Prevention Clinic** - Use of evidence-based research to screen individuals for fall risk, provide education on home environment modification, and examples of various strength training exercises