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# Wellness Newsletter

Dear Fitness Friends,

Nothing says August quite like sunflowers! Bright and cheery, warm and inviting like the summer sun — Sunflowers represent adoration, loyalty and longevity. Treat yourself to a boutique of sunflowers for your home or give to a loved one. It will brighten your day!

Yours In Wellness,  
Bayley Wellness Staff



## Opportunities for Giving

### Mary Magdalene House

Mary Magdalene House offers showers, clean clothing, and resources for the homeless in downtown Cincinnati. With an increase in guests, Mary Magdalene House is in need of seasonal clothing items and hygiene products to keep everyone refreshed and renewed. When you give your time, advocacy, product donations, or financial gifts, you are helping Magdalene House to keep moving forward with its mission.

### Bayley Fitness Club

#### Build Wellness. Build Community

Consider making a gift to Bayley Fitness Club today! Your donation will help fund building improvements to enhance the member experience. To give, go to the Bayley website: [www.bayleylife.org/giving](http://www.bayleylife.org/giving) Go to the donation page and under "Designation" click Fitness Club. Thank You!

### Arm Chair Travels Education Experience: Ireland

Join Linda Waechter, Bayley Water Exercise Instructor, to share her amazing trip to Ireland. Linda will share stories of her experiences and photos of her unique journey through historic towns and castles.

**[Thursday August 28 3:30-4:40pm]**



\*Please see Welcome Desk if you are interested in sharing with others your travel experiences.

# Happy August



## Upcoming Events

- ⇒ August 5 Adult Day Open House Celebrating 40 years 2-6pm
- ⇒ August 19 Pop Up Zentangle class 1:30pm
- ⇒ August 28 Arm Chair Travels to Ireland 3:30pm
- ⇒ August 29-September 1— Pool closed for maintenance

## Class Spotlight: Cardio Blast

Join instructor Wendy Gray as she takes you through a blend of aerobic activities and muscle conditioning exercises to improve heart health. This class uses several different class formats that change each month for a fresh challenging workout.

**Fridays 8:40-9:40am**



Bayley U Fall Semester begins in September. Watch for our wide variety of educational fall courses that will be offered September, October and November. Registration and course information will be available mid August.



Join Wendy Gray for a free Zentangle art class sure to bring out your creative spirit. See Welcome Desk for more information and to sign up. Spots are limited. **[Tuesday, August 19 1:30-3pm]**

### Pool Closure for Maintenance

**August 29—September 1**

### **Need a little extra push or guidance for your workouts?**



Try training with one of our personal trainers. Have sessions catered to you to help you achieve goals such as strength, endurance, stress management, energy/vitality, balance, and more. Bring a partner and achieve your goals together! See Welcome Desk for details and pricing.

### **New Hours Of Operation:**

Monday-Thursday	6:30am-8:00pm
Friday	6:30am-6:30pm
Saturday	7:00am-3:30pm
Sunday	10:30am-3:30pm

## **The Sunflower**

When you think of sunflowers, you may imagine bright summer days and evenings spent lounging around the garden with friends. But have you ever thought about sunflower symbolism? Although different cultures give these bright flowers different meanings, sunflowers symbolize adoration, longevity, and loyalty.

### **The Myth**

In Greek mythology, the story goes that a nymph named Clytie was in love with Apollo, the God of Sun. In the beginning, he loved her too, but then his head was turned toward another nymph. In a fit of jealous rage, Clytie told the other nymphs' father, who then buried his daughter alive as punishment. Pretty brutal! Apollo was so angry that he then turned Clytie into a sunflower. But, as her love for him was so strong, she watched him move across the sky every day, just how sunflowers follow the sun.

### **Sunflower Symbolism**

Longevity: Although sunflowers only live for one year, people sometimes view them as a symbol of longevity. This may relate to the flower's long vase life or the plant's ability to lift our moods and extend our lives. Regardless of the reasoning, there's no doubt that sunflowers symbolize a long and healthy life.

Adoration: This sunflower symbolism likely comes from the flower's warm colors and its dedication to following the sun (adoration) throughout the day.

Loyalty: Sunflowers are extremely loyal to the sun. They chase this bright star across the sky day after day, without fail. This steadfastness is why sunflowers symbolize loyalty.



## **In The Know...**

- **Sign-up for classes is required**: Registration opens 3 days prior to class time. Many classes are running close to capacity so please register early so that you're not left out of the class. Ways to register: In person, Club Automation website, Bayley App or by phone.
- **Please be considerate when parking**: Spots in circle are handicapped parking only. The rest is used for Adult Day transportation & emergency vehicle thoroughfare. Reminder there is parking behind the building & a lower parking lot. Please **DO NOT** park on street beside building. (Mattingly). Thank you!

