

THE WAYS OF

Wellness



LONGHORN
VILLAGE

A unique brand of retirement living.

EDUCATION

Learning never grows old, and a sharp mind is a treasure. Stay plugged in and expand your world of knowledge with a range of learning opportunities. Take a class, attend a lecture or take up a new hobby.

HEALTHY LEARNING LECTURES

Presented by subject-matter experts, these lectures are offered to Longhorn Village residents at least once a month. Past topics include: *The Effects of Low Vision on Function and Treatment Options*, *How to Recognize and Avoid Scams on the Computer and Phone* and *The Importance of Exercise for Arthritis*.

INQUIRING MINDS LIFELONG LEARNING SERIES

Expand your academic horizons with our lifelong learning series. We offer 4-6-week lecture series on topics such as Pirates, Privateers and Piracy and more. These courses are offered to community members in and around the community as well as Village VIP and Ballantyne club members for a nominal registration charge and are available throughout the year.



FITNESS

Being fit is feeling good as you go about your busy day. Everyday feats of strength, balance and endurance — such as rising from the couch, climbing stairs, and playing hide and seek with great-grandchildren — are vitally important markers of overall fitness.

AGE-DEFYING FITNESS: LOCATED IN FORTY ACRES

Wellness experts have determined that certain moves and exercises from Pilates, yoga and fitness will keep us feeling young, strong and healthy. We've taken those recommendations and blended them into an age-defying series designed to strengthen and sculpt, enhance flexibility, improve balance and mobility, and promote relaxation. This class is appropriate for all levels.



AQUATICS

Get a full body workout – with toning, stretching and cardio exercises. Work out to great music and have lots of fun! Residents will use pool noodles for resistance and ROM. Note: You must be able to safely get into and out of the pool using the ladder/steps to participate in this class.

BALANCE AND SCULPT

Improve balance and reduce falls. Most exercises are performed in the standing position but can be modified for safety.

BREATH OF FRESH AIR

This class focuses on movement of all our joints in the upper and lower extremities with use of TheraBands for extremity and postural muscle strengthening. We perform these exercises outside to get fresh air and Vitamin D. Exercises can be done standing or sitting.

GUIDED RELAXATION

Clear your mind for reflection with the aid of imagery and music.

KEEP MOVING BIG

This is a Parkinson's education and exercise group. Help manage your Parkinson's symptoms by participating in this group to strengthen muscles, and improve balance, flexibility and coordination. Guest speakers and webinars will keep you informed of advances in the fight against Parkinson's.

LET'S DANCE

Line Dancing and Ballroom dance instruction. Everyone is welcome!

MOVE AND GROOVE

Move to the music — while sitting or standing — and improve rhythmic coordination and balance.

PERSONAL TRAINING

One-on-One Personal training offers customized exercise programs with oversight from experienced, certified Personal Trainers.

PILATES

Pilates is a system of repetitive exercises to improve strength, stability and flexibility.



SENIOR FIT TESTS

Gauge your fitness with 6 different approved activities. The Senior Fit Test is offered to residents at move-in and throughout the year for those who want to track their fitness.

STAR: STRENGTH, TONE, ALIGN, RELAX

Slow-paced exercises improve flexibility and relaxation. All the exercises are practiced while sitting.

STAY STRONG

Use weights and TheraBands for strength training. Exercises can be done while sitting and standing.

TAI CHI

This low-impact exercise method increases balance and coordination through a series of slow movements.

YOGA: BASIC

Learn and practice Yoga stretches and movements in a seated position.

YOGA: ADVANCED

A practice of Yoga stretches and movements while standing, sitting and on the yoga mat.

SUPPORT GROUPS

BETTER TOGETHER

Sharing experiences — and finding encouragement in not going it alone — make Longhorn Village Support Groups experiences of true enrichment. Contact the wellness clinic for meeting times, dates and locations.

LOW VISION SUPPORT GROUP

Learn how to adapt to visual changes. You'll share multiple strategies used by others within the group and hear from knowledgeable experts in the field of low vision.

CAREGIVER SUPPORT GROUP

While every caregiver situation is unique, residents and caregivers share common concerns. We discuss disease progression, strategies helpful for coping and available treatment options.



GRIEF SUPPORT GROUP

Find emotional support, validation and education as you connect with others who are also grieving. This group is facilitated by a Spiritual Counselor from a local Hospice agency.

PARKINSON'S SUPPORT GROUP

Individuals who have Parkinson's Disease progress at different rates through this disease. In this group, you'll find basic Parkinson's education, psychosocial support, and tips for daily living based on residents' experiences.

RECREATION DAY

Caregivers deserve "ME" time, and this program is designed to give caregivers a break. Rest, recharge and recall how there's life beyond caregiving.

CHOOSE YOUR WAY TO WELLNESS.

You can incorporate wellness practices daily into your Longhorn Village lifestyle. Our holistic approach offers numerous choices for nurturing body, mind and spirit, and we've designed this brochure so you can create a plan that suits you best.

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12501 Longhorn Parkway • Austin, TX 78732
512.266.5600 • LonghornVillage.com



The Longhorn Village lifestyle is open to everyone, regardless of collegiate affiliation.