

**Scotland Place
Senior Center**

Mission Statement

Scotland Place Senior Center strives to enrich the lives of Scotland County Adults age 55 and older through programs and services that will improve their health and wellness, decrease their loneliness and isolation, as well as provide social economic and educational opportunities that enhance their quality of life.

Get fit your way with SilverSneakers

SilverSneakers is available nationwide through select:

- Medicare health plans
- Medicare Supplement carriers
- Group retiree plans

Members of participating plans may qualify for the SilverSneaker program and receive a mailing including a personal SilverSneakers member ID card.

Not sure if your plan offers SilverSneakers?
Stop by Scotland Place & we can help!

SilverSneakers Classic

Fee Required or
SilverSneakers Membership
Mondays, Wednesdays & Fridays
8-8:45 am

SilverSneakers Circuit

Fee Required or
SilverSneakers Membership
Tuesdays & Thursdays
9-9:45 am

SilverSneakers Yoga

Fee Required or
SilverSneakers Membership
Mondays 4-5pm
&
Wednesdays 9-10am

Arthritis Foundation Exercise

Grant funded—No Fee Required
Tuesdays & Thursdays
10:30-11:15 am

**Fee: \$15/month
(Covers All Classes)**

**For More Information
Please Contact:**

Scotland County Parks and Recreation
Scotland Place Senior Center
PO Box 1668
1210 Turnpike Road
Laurinburg, NC 28352
(910) 277-2585

**SCOTLAND PLACE
SENIOR CENTER**

ADULT EXERCISE



**THE START TO
A
HEALTHIER YOU**

1210 Turnpike Road
Laurinburg, NC 28352
(910) 277-2585

About Us

At the Scotland Place Senior Center we strive to bring new and creative ideas to our Senior Citizens in the Community.

One of the ways we do this is by offering many types of exercise classes, including SilverSneakers Classic, SilverSneakers Circuit, SilverSneakers Yoga and the Arthritis Foundation Exercise.

Please read about the different types of classes to determine which one best suits your needs. Join in on all the exercise fun at the Senior Center!

Before starting any exercise program, please consult your physician to see which one best suits your lifestyle.

All class instructors are certified by the Aerobics & Fitness Association of America.



SilverSneakers Classic

SilverSneakers Classic is the core class of the SilverSneakers Fitness Program.



The class is designed to increase strength, range of movement,

agility, balance, coordination and helps seniors enjoy a regular schedule of healthy exercise while having fun. Benefits of the class include improved functional capacities, physical fitness level, and sense of wellbeing. This class uses music and various movement combinations, as well as a variety of exercise equipment (balls, bands, & weights). Get Fit, Have Fun, Make Friends!



SilverSneakers Circuit

Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobic choreography. A chair is offered for support, stretching, and relaxation exercises.



SilverSneakers Yoga

Yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designs to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.



Arthritis Foundation Exercise

Doctors and therapists know that moderate physical activity can improve your health without hurting your joints. The Arthritis Foundation Exercise Program is an exercise program designed specifically for people with arthritis that uses gentle activities to help increase joint flexibility,



range of motion , and to help maintain muscle strength.

Participants previously enrolled in the program have experiences such benefits as

increased functional ability, increased self-care behaviors, decreases pain and decreased depression.