

# The Fitness Center

## HOLIDAY NEWSLETTER



### **Teresa, Sylvia, Turkey, Tee and Kenzer Pie Tasting/Guess Turkey/Gobble Contest**

On Tuesday, November 21, 2023 Charlestown Fitness Team hosted a Pie Tasting, Guess the Turkey and Gobble Contest. \$1,600 was raised and donated to SWES and the Marion House. Congratulations to the winners of our contests. Best Pie (Sweet Potato Pie With Maple Bourbon Glaze) baked by Tony Monroe (Asst. General Manager—Terrace), Best Gobbler Wesley (The Vickerman's grandson) Who Gussed the Turkey, Brittany Owens, Community Resources, Who Was the Turkey? Leslie Johnson, Associate Executive Director

*Happy Holidays from The Fitness Center!*

*2023 was a Terrific Year!*

*We are looking forward to 2024!*



### **Alzheimer's Walk**

*The Charlestown Memory Support Team teamed up with the Alzheimer's Association to host a walk on Monday, October 30, 2023. Erickson Senior Living raised over \$177,896.*

## The 2023 Charlestown Sluggers!



On Wednesday, June 7, 2023, the Charlestown Sluggers remained the champions for the second year in a row by first defeating Riderwood, 19 – 1 and then in the final round of play they defeated Greenspring 13 - 2. The Sluggers decisive win over these two teams marks their second Championship win, as OakCrest has taken home the trophy the last 10 seasons.

## Memory Support Olympic Mini Triathlon



For the residents and staff of Charlestown, good health is a year-round commitment, highlighted on Friday, August 11, 2023 at the Charlestown Fitness and Memory Support Teams sixth annual Mini Triathlon. Each participant represented their team in one of three events: a half mile on a bike, a half mile on the NuStep and 2 laps of swimming. Each team member had to perform a cognitive task at the same time they were exercising.

## Wellness Expo — Celebrating 40 Years of Healthy Living



On Thursday, March 30, 2023 the Charlestown Fitness Team hosted their annual Well-being Expo. The theme this year was: “Strengthening Your Healthy Lifestyle for 40 Years and Beyond.”

**The Fitness Center Team wishes you a Healthy & Happy New Year!**