

SilverSneakers® at the Bethel Park Community Center!



SilverSneakers® programs are now offered at the Bethel Park Community Center. The **SilverSneakers®** Fitness Program is the nation's leading fitness program designed exclusively for older adults. Regular participation in the program has been proven to help older adults manage their health and increase strength, balance, and endurance.

SilverSneakers® is a benefit offered to members of many Medicare plans across the U.S. If you are part of a Medicare health plan or if you are a group retiree you may already have the **SilverSneakers®** benefit. There are over 5.8 million Medicare-eligible members who qualify for **SilverSneakers®**. There is no cost for **SilverSneakers®** eligible adults to become members and participate. You may already have **SilverSneakers®** available to you!

SilverSneakers® offers three easy ways to enroll. Simply choose one of the following options that best suits your lifestyle, and begin enjoying your benefit today!

- Simply take your **SilverSneakers®** Member ID card to the Bethel Park Community Center.
- No **SilverSneakers®** card? Bring your health plan ID card with you to the Community Center. Our staff will check your eligibility.
- Visit the Community Center and our staff can check on your eligibility by using your name, address, phone number, and birth date.

The **SilverSneakers®** Fitness Program is an innovative and fun health/exercise program helping older adults live healthy, active lifestyles. Get fit, have fun, make new friends!

Unlock the door to greater independence and a healthier life with **SilverSneakers®**. Benefits will include:

- Customized **SilverSneakers®** classes designed exclusively for older adults who want to improve their strength, flexibility, balance, and endurance. See page 31 for specific class days and times.
- **SilverSneakers®** members can take advantage of the climate controlled, elevated indoor walking track just by swiping their **SilverSneakers®** membership card. The 1/12 mile track features 3 lanes for fitness lap walking or running. Track is open for use:

Monday – Thursday	9:00 AM – 9:00 PM
Friday & Saturday	9:00 AM – 10:30 PM
Sunday	12:00 PM – 9:00 PM

What are **SilverSneakers®** classes?

SilverSneakers® classes are Total-Body Conditioning Classes designed to increase muscular strength, endurance, range of movement, flexibility, balance, agility, and coordination. The classes are anywhere from 45 to 60 minutes. Classes typically involve the use of hand-held weights, elastic tubing with handles, and a small exercise ball. A chair may be used for seating or additional support.

See pg. 31 for class schedule.

Who teaches the classes?

SilverSneakers® classes are taught by credentialed instructors who are specially trained in leading fitness programs for aging adults. All **SilverSneakers®** class instructors undergo an in-person training and evaluation process to become a **SilverSneakers®** instructor. Our instructors are **Anne Brucker** and **Debbie Liberto**. Both are veteran instructors who have been teaching **SilverSneakers®** programs in other Pittsburgh facilities.

SPECIAL INTEREST



Flea Market

Description: Recreation Flea Markets will be held at the Port Authority Parking Lot, at the corner of Lytle Road and Brightwood Road. Flea Markets are held the third Saturday of the month from May through September, from 8:00 AM-2:00 PM.

REMAINING DATES FOR 2016 ARE:

AUGUST 20
SEPTEMBER 17

Spaces are assigned based upon the order the registrations are received in the Recreation Office. Sellers should report between 7:00 and 7:30 AM on Saturday morning. You may lose your space if you are not on site by 8:00 AM. Your assigned space will consist of two (2) parking lot spaces. Display your items only in the area assigned to you. Sellers are to provide their own table or display equipment. You may park ONE standard size vehicle at your assigned space. **HOWEVER, THE FLEA MARKET AREA WILL BE CLOSED TO ALL VEHICLE TRAFFIC BETWEEN 7:45 AM AND 2:00 PM.** Additional parking will be available. At the conclusion of the sale, all items must be removed from the sale area, and all litter placed in proper containers.

PLEASE NOTE: All Flea Markets will be held RAIN OR SHINE. Fees are **NON-REFUNDABLE** and **NON-TRANSFERABLE**. There will NOT be any refunds or credit given once registration and payment has been made.

Register at the Recreation Office or download the form from the website and mail it in with a check. Individuals may register for any or all of the Flea Markets held through September.

Ages:	18 years and over	
Fee:	Bethel Park resident, used items	\$ 10
	Non-resident, used items	\$ 14
	New or sample items	\$ 14

Times: 8:00 AM - 2:00 PM

Look for the next issue of the
Bethel Park Chronicles
mailed the week of
December 5, 2016!