

SENIOR RESIDENTS STAY ACTIVE AT WEXFORD HOUSE

DENVER – Residents at Wexford House participated in Active Aging Week Sept. 27-Oct. 3. For about 35 minutes each session, residents worked out their arms, legs and core muscles while listening to oldies music. The senior living community offers the exercise classes four days a week.

“They not only build strength with the physical aspect, but it clears their minds

to prepare them for their day,” said activities director Leslie Spinner. “This class is an essential part of most of our residents’ day.”

Residents also enjoyed a recent visit to the Pin Station bowling alley in Newton.

For more information about Wexford House, contact administrator Pam Morrell at 704-489-2633. □

RIGHT: Glenda McFalls and Sammie Atwell participate in an exercise class at Wexford House.

LEFT: Frances Genta receives assistance from Wexford House certified nursing assistant Tori Rawlins as she prepares to take her turn at Pin Station bowling alley in Newton.

Photos courtesy of Wexford House

