

In The Center

CWR @ The Fontana Center
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November / December 2012
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Now Hear This! Holiday time is Here!

Thank You!

The staff of the Center for Work Rehabilitation at The Fontana Center would like to send out a big Thank You to all of you for your patience and support during the pool project. We are happy to report that all went well and the pool looks good as new! We encourage you to incorporate water activities into your current workout program. Fitness staff is available to help you get started with a water routine.

New Name??

In days and weeks to come, you will be hearing our staff refer to the facility as Center for Work Rehab (CWR) at The Fontana Center. This is not a new name or new ownership or a change in any way...this is simply the full business name. We are trying to develop consistency between the facility here and our location in Houston. And, as a reminder, payments can simply be made out to CWR.

Art Wanted

We are again looking to fill our hallway art exhibit. For the past few years, we have been honored to share the artwork or our members



and friends. The pieces have ranged from paintings to photographs, jewelry to porcelains and quilting to sculptures. We have enjoyed it all. If you have pieces you would like to share with us, please bring them into the front office, leave your contact information and we will do the rest. For more questions you can contact Monica at fitness2@fontanacenter.com or at 234-7018.

Fitness Holiday Hours

Holiday time is near and we wanted to give you advanced notice of our operating hours.

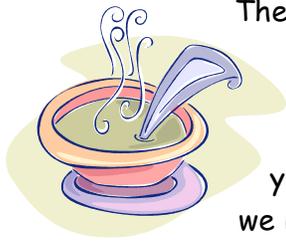
Thanksgiving:

Day/Date	Hours
Thursday, Nov 22	Closed
Friday, Nov 23	5am - Noon

Christmas / New Year:

Day / Date	Hours
Monday, Dec 24	5am - Noon
Tuesday, Dec 25	Closed
Monday, Dec 31	5am - Noon
Tuesday, Jan 1, 2013	Closed

Gumbo and Good Times



The time has arrived for us to show our appreciation to all of you for your patronage and support over the past year. It is with gratitude that we invite you and your friend, date or mate to join us for our annual Member Appreciation Gumbo. The gumbo will be served on Friday, November 30th from 12:00pm - 2:00pm in the upstairs Conference Room. Bring a hearty appetite and join us for food and fellowship.

Class Etiquette

With new members and new instructors coming on board, we think it's a great time for a few simple reminders for everyone who participates in a class.

- ▶ Please be courteous to other participants and instructors. It's important that everyone is able to hear all of the directions the instructor is giving, so please keep talking to a minimum.
- ▶ We encourage & appreciate that the more seasoned members offer assistance and encouragement to new comers, but please, allow the instructor to decide what is best for the safety of class participants.
- ▶ Be mindful of class times. Although lots of classes are flexible, it is important to note scheduled start and stop times. This will help to minimize distractions in classes such as Yoga and Stretch & Relaxation.
- ▶ Bring your water...keeping hydrated is a must! We do have water dispensers

available, so if you need to grab a cup or refill your bottle, feel free.

- ▶ Winter time is fast approaching, so make sure to take your cover-up along when planning to do pool activities
- ▶ Most importantly, have fun! We are not imposing any new rules or regulations to keep the classes from being entertaining and enjoyable, but rather to keep them safe and effective.

Holiday Stress Management

With Holiday time upon us, being prepared for both the joyous and stressful occasions is a must. Following these simple tips can help you maintain an overall sense of well-being:

- ▶ know your values - before holiday time gets into full swing, remind yourself of what is most important to you now and during holiday time
- ▶ anticipate obstacles - learn from past holiday experience and remind yourself of the situations that caused undo stress
- ▶ keep a balance - even with the highs and lows of the holidays, keeping your schedule balanced with your normal exercise and diet routine is a must
- ▶ stay in the moment - identify the events of importance and stay fully engaged during those moments, trying not to allow stressors of other events sneak into your special times