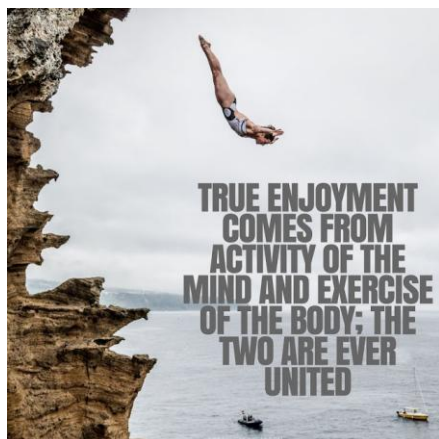


# COMMUNIQUE



## **Motivation**

is what gets you started.

## **Habit**

is what keeps you going.

[This month at the Bay Club.](#)

**Fitness Facility orientations  
on all the available  
equipment are held on the  
1<sup>st</sup> Thursdays at  
11:00 a.m.**

The Health and Fitness Committee meets on the first Thursdays at 9:30 a.m. Fitness enthusiasts are welcome.

**Jefferson Health Care  
Sleep Problems Presentation  
June 19, 2025  
1:00 p.m.**



## **The Knee is Key**

Whether it's activities of daily living, sport or recreation the knee is key to being able to perform. Because it is a highly used body part problems can develop over time or due to injury.

[Knee strengthening](#) exercises are always helpful. If you have knee pain Knee Plica Syndrome could be causing it. [Click here](#) for information and treatment.

When all else fails [knee replacement](#) surgery might be the solution. Knee replacement typically provides increased knee mobility and function resulting in quality-of-life benefits. According to the linked article knee replacement is safe and effective with a 90% satisfaction rate. .5 – 1% fail yearly.

## **Tone Those Flabby Arms**

Triceps muscles can deteriorate over time due to injury, lack of use and natural ageing. The same holds true for the biceps. Here are some relatively [easy workouts](#) you can do to solve the problem.

## **The Wine-and-Fruit Diet**

A [previous issue](#) of this newsletter warned against alcohol consumption and its link to cancer. Now a new study (reported in *This Week*, May 16, 2025) claims that drinking champagne and eating strawberries "might ward off heart attacks."

The researchers found "the apparent cardioprotective effect of champagne and white wine, with regular drinkers having about 30 percent lower risk." Reminder: The Members Lounge is open at the Bay Club on Wednesdays at 4 p.m.

## **Ballroom Dance Class Coming to the Bay Club And it's Free of Charge!**

Watch your email announcing class to begin in July. We have a National Certified Ballroom Dance Teacher who will offer instruction on East Coast Swing, West Coast Swing, American Tango, Argentine Tango, Salsa, Cha Cha, Waltz, Foxtrot, Night Club Two Step, Viennese Waltz, and others. Stay tuned...