

COMMUNIQUÉ



It's better to be the oldest at the gym than the youngest in the nursing home.

From time to time it is good to review the [Fitness Area Etiquette](#). Here are some [unspoken rules](#) for exercising in the gym.

New equipment is being planned for the resistance training area sometime after the first of the year.

Orientations will be held with a new emphasis on etiquette for the area to help relieve congestion.

Lap swim requires sign up at the desk or call 360-437-2208.

[Pool etiquette](#).

Washington Administrative Code requires a cleansing shower before entering the pool. [Here](#) is why it is important.

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

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

Take Care of Your Fascia

Source: *Experience Life*, Nov/Dec 2025

“Fascia is flexible connective tissue that surrounds and interweaves the muscles, bones, joints, and organs.” It’s what holds things in place. Researchers are finding that this tissue plays a significant role in not just your fitness activities but in about everything you do: moving your body, fighting disease, and more. It also plays a role in controlling blood pressure and blood flow to the heart.

So how do you take care of your fascia?

- Keep moving: Do not get stuck in a sitting position too long.
- Mix it up: Do not just do the same exercise repeatedly. Add variety to your workouts.
- Work your tissue: Massage, foam rollers, massage guns and even tennis balls help with myofascial release.
- Dance: Moving at different speeds and levels of effort. Tai Chi and yoga are good activities for your fascia.

(Classes for all of these are offered at the Bay Club.)

[Here](#) are seven exercises and further information.

Energy Clearing

Source: *SoulAdvisor*™

“Energy clearing, also known as energy cleansing, is the practice of releasing stagnant, negative, or unwanted energy from the body, mind, and environment.”

[Here](#) are some energy clearing exercises and more advice and information.

Signs You’re Burned Out

Everyone can get burned out. Even retired folks who think they may have a stress-free life. Click [here](#) for those signs and some things you might do to alleviate burn out.

Toys for Tots collection box is out at the Bay Club until December 11. New and unwrapped gifts for children are appreciated by children who otherwise may not receive a gift at Christmas.