

COMMUNIQUÉ



“February shows us that every storm eventually passes.”

— feelquotes.com

[Here](#) are some foods to avoid as you age.

[Click here](#) to learn about negative energy and what you can do about it.



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

[Pool etiquette.](#)

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

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

Chair Yoga

Chair Yoga for seniors is a gentle, accessible form of yoga using a chair for support, perfect for improving flexibility, balance, strength, and reducing stress, with poses like [Seated Cat-Cow](#), [Twists](#), and [Overhead Stretches](#), making yoga safe for limited mobility and promoting overall well-being. Key benefits include better posture, circulation, mood, and pain management, with simple movements like deep breathing, spinal arches, and leg extensions performed while seated. Source: AI generated.

[Here](#) are some Chair Yoga exercises you can do at home. You can also sign up for Chair Yoga classes at the Bay Club.

Fitness Center Improvements

The Bay Club has recently enhanced its Fitness Center by introducing new equipment designed to be more effective, safe, and efficient.

In the Cardio Room, the old Stair Stepper has been replaced with a Matrix Stair Mill, which functions like a small reverse escalator. This upgrade supports both leg muscle development and cardiovascular health, and users are encouraged to begin with short sessions, gradually building endurance.

The Weight Room has also undergone a significant transformation, now featuring five new Selectorized (Pin Select) dual-function machines, a new Functional Trainer, a new weight bench, and a custom-made dumbbell rack that efficiently stores the entire dumbbell collection. Additionally, the facility has transitioned to a 2" Olympic plate and bar system, streamlining free weight options.

These changes have resulted in a more spacious and accessible exercise area, improving both the flow and safety of workouts. To help members adapt, the Health and Fitness Committee will be organizing sessions to demonstrate how to use and navigate the new equipment. Also, there are QR codes on how to use the equipment.

Happy Lunar New Year 2026

February 17 – March 3

Lunar New Year in 2026 is the year of the horse, which is associated with traits such as strength, independence, and enthusiasm, reflecting characteristics of the horse in the Chinese culture. Source: *Wikipedia*.