

PRIME POST

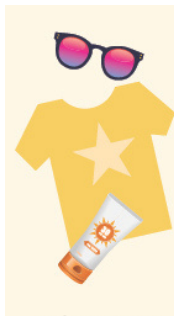
August 2026



Skin Health

Our skin can, at times, be overlooked. However; it aids in many life sustaining functions such as maintaining body temperature and protecting from infection. As we age, our skin changes and the outer layer of skin gets thinner, paler and less elastic. As we age, it is important to keep skin health as a top priority!

A few things we can do to keep our skin healthier as we age include:



While outdoors, use sunscreen and wear protective clothing and sunglasses.



Stay hydrated and eat a healthy diet.



Manage your stress.



Avoid tobacco and nicotine use.



Moisturize with lotions or ointments every day.



Check your skin often for any changes and visit a dermatologist regularly.

It is additionally recommended to limit direct exposure between 10:00am and 4:00 p.m. When outdoors, be sure to apply a broad spectrum sunscreen with SPF 30 or higher every two hours.

Even as the weather starts to get cooler, be sure to continue using 30 SPF sunscreen daily on exposed skin such as your face and neck to protect from UV radiation!



Ping Pong Round Robin

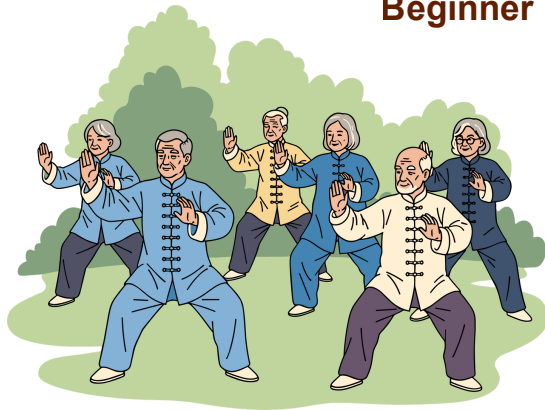
Join the 4th Annual Ping Pong Round Robin on **Wednesday, August 19th from 2:00–3:00pm the Auditorium**. You can come and play on a team or one-on-one. Wins will be counted individually through the round robin.

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Class Spotlight: Tai Chi with George

Advanced Tai Chi Tuesday at 2:00-2:45pm
Beginner Tai Chi Thursdays at 2:00-2:45pm



Tai chi practice helps lower blood pressure, control stress, strengthen legs, improve balance and sharpen mental focus. Beginning classes include stretching, balance training, 24 movement form, and tai chi walking. Learn this graceful, gentle stretching exercise with your friends.

George King has taught tai chi classes at Capital Manor for over a decade. His early training from Masters T.Y. Pang and Robert Fong has given him the tools to teach the traditional Yang style tai chi. As a certified tai chi and meditation teacher, he has conducted seminars and workshops in many local venues and continues to teach beginning and advanced classes.



Upcoming Yoga Summer Break

Yoga will be on **pause from August 5-September 9**. Classes will resume after Labor day on Monday, September 14th.

