

Chair Yoga & Mindful Movement for Senior Living Communities

Bringing energy, connection, and joy to older adults

**Serving over 40 senior living communities
across Long Island & New York**



Led by Ray Torres, Long Island's leading senior housing yoga instructor

“

Ray's charismatic personality has everyone engaged. His passion is contagious!

”

*Meagan Devine-Collazo, Senior Engage Life Director
Atria on Roslyn Harbor*



Meet Ray Torres

Ray Torres is the founder of Age Well Recreation and a Registered Yoga Teacher (RYT 200, Yoga Alliance), specializing in chair yoga and mindful movement for older adults.

With experience across 40+ senior living communities, Ray brings energy, safety, and fun to every class.

As a Certified Dementia Practitioner, he adapts each session to meet residents where they are — creating an inclusive and engaging experience for all ability levels.



Why Communities Choose Age Well Recreation

- **High resident participation** and engagement
- **Consistently strong attendance**
- **Safe and adaptable** for all ability levels
- **Music-driven sessions** residents enjoy
- **Professional, reliable,** and easy to work with



- Improves mobility, strength, and balance
- Builds confidence and independence
- Encourages social connection
- Supports cognitive engagement
- Creates a fun, uplifting experience

What a Class Feels Like

Welcome & Connection

Residents are welcomed into a safe, supportive space and encouraged to move at their own pace.

Breath & Gentle Movement

Breathing and light movement warm the body and bring awareness from head to toe.

Music & Movement Flow

Movements build into a rhythmic, music-driven flow using familiar songs that encourage participation.

Engagement & Relaxation

Residents become more engaged — smiling, laughing, and moving together — before settling into guided relaxation.

Inclusive & Adaptive Programming

Classes are thoughtfully adapted to support older adults of all ability levels across the senior living continuum, encouraging movement, confidence, participation, and social connection in a welcoming environment.

Led by a Certified Dementia Practitioner, sessions incorporate music, breath, rhythm, and clear instruction to help residents feel engaged, comfortable, and successful at their own pace.



What Communities Are Saying

“One of our highest attended programs.”

— The Bristal, West Babylon

“Residents absolutely love it.”

— Sunrise Senior Living, N Lynbrook

“Engaging, safe, and professional.”

— Brightview, Pt Jefferson Station



Additional Programs Available

Chair Tai Chi • Chair Pilates • Chair Latin Dance

Mindful Art Therapy Workshops Featuring Breathwork & Meditation

Additional offerings available at agellrecreation.com


Trusted by the leading communities:

Over 40 communities across Long Island & NY

Atria • The Bristal • Sunrise • Brightview • Benchmark • Monarch •

Chelsea Senior Living • The Arbors • CareRite • The Grand • Paragon HCG

Bring Age Well Recreation to your community

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 www.agewellrecreation.com



See the program
in action

