

# Friendship International



OCTOBER 7, 2022

## WORKOUT AT HOME

BY JULIE STEVENSON

A few weeks ago I was thrilled to lead the Friday group in some light exercises. Actually, I didn't feel thrilled at first - *I felt nervous!* But once we all got going together (and you all were SO GOOD!), I had so much fun! And to my delight, many of you told me that you did as well.

As a mom of 4, I have learned the value of getting the exercise that I need - for my body AND mind - at home. I don't have a treadmill, a Peloton bike or any other fancy equipment.

I thought I'd share with you a few links to some workouts online that you might enjoy. I will give you a little info about each one and the links below. Happy Exercising!

**Cardio Kickboxing 20 Mins (Easy/Moderate - No jumping)**

**The "Best" Beginner Workout 15 Mins (Easy/Moderate - No jumping, some floor work)**

**Arm Challenge 5 Mins (Easy- No jumping or floor work)**

**Bodyweight Cardio 16 Mins (Moderate - Some jumping)**

**Leg Burn Challenge 5 Mins (Difficult)**



## UPCOMING DATES

October 3-7	Fall Break: No Friendship
October 14	Program: <i>Where Are You From?</i>
October 21	Program: <i>What Did You Create During COVID?</i>
October 28	Extended Classes: No Program

# LOCAL, FUN & FAMILY-FRIENDLY

## Let's Plant Trees The Arboretum

The Arboretum is hosting a tree-planting event for families to attend. This event will include a tree planting, a tree related kids craft, and a short tree walk. Meet at the Dorothea Smith Oatts Visitor Center directly in the front of the Arboretum.

Wednesday, October 12, 2022

Time: 6:00 – 7:30 pm

FREE EVENT



## Arbor Day Celebration The Arboretum

The Arboretum will be hosting its annual Arbor Day Celebration with a variety of events throughout the day. Enjoy guided bird-watching, a seed exchange, tree planting, and free admissions to the Arboretum Children's Garden for plenty of kid-friendly activities.

Visit [arboretum.ca.uky.edu/calendar](http://arboretum.ca.uky.edu/calendar) for more information and to register for the bird-watching event.

Saturday, October 22  
Events from 8 AM to 5 PM



THIS WEEK'S FEATURED CRAFT:  
[CLICK HERE TO LEARN TO MAKE A LEAF BOOKMARK](#)



HAVE A QUESTION? WE ARE HERE TO HELP!  
EMAIL US AT [FRIENDSHIPLEX@GMAIL.COM](mailto:FRIENDSHIPLEX@GMAIL.COM).