

Welcome to the Rosborough Cultural Arts & Wellness Center

Well-Being to Live Your Best Life!

Asbury Methodist Village is committed to your well-being—because physical, emotional, and cognitive well-being go hand in hand. We offer robust, holistic programming designed to ensure that you are targeting all aspects of your well-being. Our team includes well-being professionals, pastoral care associates, and volunteer and lifestyle enrichment associates.



WELL-BEING PROGRAMS

Fitness classes

Kinnections Brain Health

Support groups for chronic conditions

Healing arts classes

Lifestyle & lifelong learning programs

Specialized Parkinson's plan with targeted fitness classes, support groups/ educational sessions

FITNESS CENTER

Fitness Gym

Sun - Sat: 5 AM-9 PM
Mon - Fri: Staff available
8 AM-Noon | 1 PM- 4:30 PM

Boxing Studio

Mon - Fri: 9 AM-5:30 PM
Sat-Sun: CLOSED

Technology Lab

Mon - Fri: 9 AM-4 PM
Sat - Sun: CLOSED

Climbing Wall

Mon, Tues, Thurs, Fri: 9 AM - 4 PM
Wed, Sat, Sun: CLOSED

CONTACT US | 301-987-6258

Belinda Degboe, Director of Well-being | 301-987-6444 | bdegboe@asbury.org
Rosborough Cultural Arts and Wellness Center | 401 Russell Ave., Gaithersburg, MD 20877
AsburyMethodistVillage.org/Wellness

MEMBERSHIP OPTIONS

STANDARD OFFERINGS

This option is all-inclusive for Asbury residents

CLASSES

- Water Walking
- Healthy Strides
- Light and Easy Aerobics
- Wellness for the Soul
- Better Mobility
- On Your Seat
- Steady As You Go
- Small Group Circuit
- SeniorFit
- Functional Strength
- Stand Up Get Fit
- Parkinson's TRX
- Pilates Stretch & Tone Parkinson's Exercise
- Line Dancing with James
- Better Balance
- Total Body Tune-Up
- Cardio Fit
- Circuit Weight
- Walk 4 Fitness
- Core & Flexibility
- Holiday Specials

AMENITIES

- Pool & Fitness Center/Studio Satellite Gyms
- Recorded Fitness Classes on AVTV
- Outdoor Walking Path
- Outdoor Fitness Stations & Games
- Bocce, Tennis, Pickleball
- SeniorFit Lectures & Classes
- Disease Prevention & Management Workshops
- Research Studies Participation
- Fitness Assessment
- Ping-Pong, Table Tennis
- SMARTfit® Exergaming

STANDARD OFFERINGS | A LA CARTE OPTIONS

Add Enhanced Plus classes for the following costs:

- \$5 per specialty class
- \$35 per 30-minute coaching session
- \$375 Kinnections Assessment and Customized Brain Health Plan

ANTICIPATE MORE

ENHANCED PLUS PACKAGE

- \$35 monthly for Residents
- \$125 monthly for Non-Residents

Enhanced Plus Package Membership includes Standard Offerings, Kinnections (see page 3) plus:

CLASSES AND AMENITIES

- Rock Steady Boxing
- Rock Wall Climbing
- TRX
- Yoga
- Tai Chi
- Specialty Classes: Drum, Dance, Aqua, Boxing
- Senso Balance System
- SMARTfit®/Dual task small group classes

READY TO GET STARTED?

- 1 Schedule an initial assessment and coaching session with one of our well-being professionals
- 2 Choose from two options:

Standard Offerings

All-inclusive pricing for Asbury residents only. Offers a wide range of fitness classes and access to the pool.

Enhanced Plus Package

Includes Standard Offerings + the Kinnections Brain Health program. Available for residents and non-residents.

KINNECTIONS BRAIN HEALTH

at Asbury Methodist Village



KINNECTIONS PROGRAM FOR ASBURY RESIDENTS

All parts of the Kinnections program are included in the Enhanced Plus Package for \$35 per month.

\$375 One-Time Kinnections Brain Health Assessment

Brain-Body Workout

Also known as dual-task training, Kinnections programming combines the latest science-based brain training practices with cutting edge neurocognitive assessment and brain-training tools. Developed by brain health, dementia, occupational therapy, neuroscience, and senior well-being experts.

Brain Health Assessment

5-part assessment that examines seven cognitive domains: sensory motor; attention; memory; executive function; processing speed; language; social cognition.

The cognitive assessment includes:

- Global cognition
- Subjective memory scale
- Quality of life indicator
- Cognitive/motor performance
- Domain-specific cognitive performance

Customized plan with exercises and activities for your specific strengths & weaknesses.

After the Assessment

- Clinical referrals based on your need for further clinical evaluation.
- Personalized brain health plan with exercises, activities, lifestyle recommendations tailored to the test results.

Meet the Team

Sue Paul, MBA, OTR/L, CHC, FAS, BHTC

Sue is an occupational therapist and Certified Health Coach with more than 30 years of experience working with older adults and people with neurodegenerative conditions including dementia.

Dawn Kirk, Brain Health Coach

Dawn is a certified personal trainer with a certificate in Applied Neuroscience and Brain Health, as well as a previous gym owner with more than 12 years of experience helping people of all ages achieve their health and fitness goals.

Bethany Silva, Brain Health Coach

Bethany is a certified brain trainer as well as a Barre and Pilates instructor. She has 4 years of experience as a doula. She has studied Psychology, and loves to help others improve their brain health through exercise and cognitive activities.

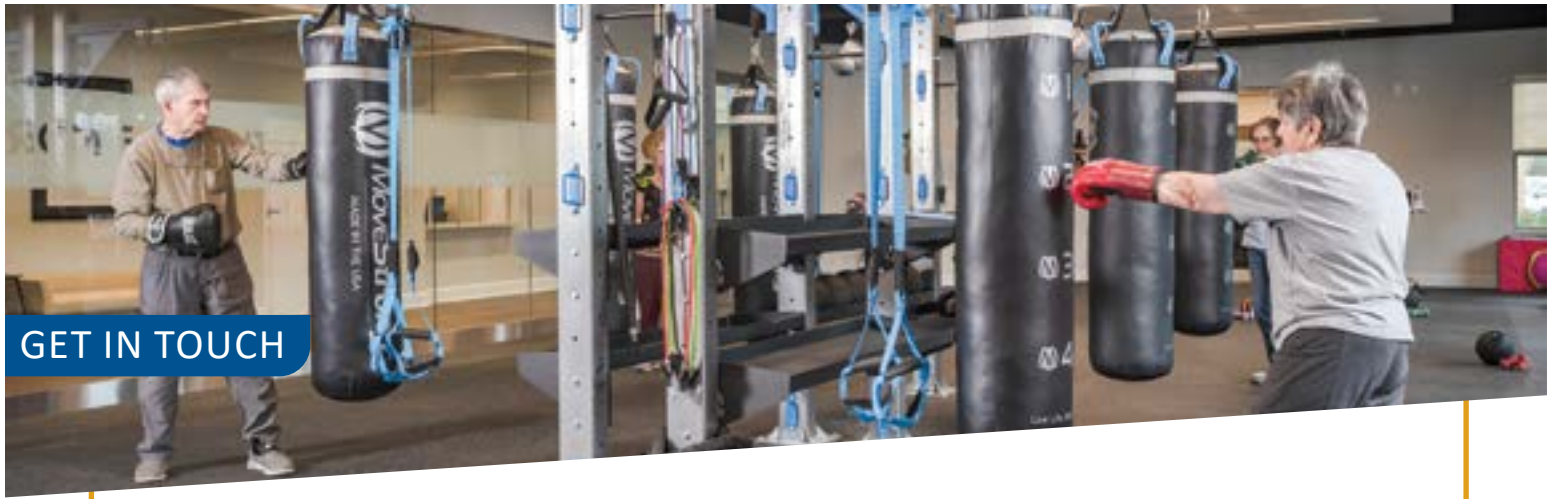
Contributing Experts

The Kinnections Brain Health Program was reviewed by esteemed experts, researchers, and neuroscientists specializing in senior health.



Learn more about brain health matters!

Scan to view short videos and articles by Sue Paul, Senior Director of Well-Being and Brain Health.



GET IN TOUCH

Well-Being Center: ext. 6258

Well-Being Staff

Belinda Degboe, Director of Well-being
ext. 6444

“Mo” Moufty Lawani, Well-being Manager
ext. 6455

Nancy Cumberbatch, Well-being Coordinator
ext. 4093

James Warner, Well-being Professional
ext. 6265

“Leni” Lenora Tooher, Well-being Professional
ext. 5754

Mary Sandoval, Well-being Professional
ext. 6453

Kaveh Yousefi, Well-being Professional
ext. 6258

Matthew Kessler, Well-being Professional
ext. 6169

Dawn Kirk, Brain Health Coach
ext. 4419

Bethany Silva, Brain Health Coach
ext. 4419

**Mansour Behroozi, Lifeguard
& Pool Operator**
ext. 6269

Spiritual Life & Care Staff

Pastoral Care Department Phone
ext. 4093

Malcolm Frazier, Pastoral Care Director
ext. 4088

Janice Hicks, Chaplain
ext. 6058