
















Vitality Wellness and Exercise

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 9:00 Hiker's Club (VC) 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle Control Upper Body (CR) 11:00 Ai Chi (P) 5:00PM Water Fitness (P) Acupuncture Available (VC)	3 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)  Acupuncture Available (VC)	4 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P)	5 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	6 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 11:00 Ai Chi (P)	7 No Chair Dance 
8 11:00 Ai Chi (P) 	9 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle Control Upper Body (CR) 11:00 Ai Chi (P) No Water Fitness Acupuncture Available (VC)	10 No Aqua Zumba 10:00 Ball Toss (RA.F) Acupuncture Available (VC)	11 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P) 	12 No Aqua Zumba 10:30 Yoga with Krystal (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	13 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 11:00 Ai Chi (P) 	14 10:00 CWV Chair Dance (CR)
15 11:00 Ai Chi (P)	16 9:00 Hiker's Club (VC) 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle Control Upper Body (CR) 11:00 Ai Chi (P) 5:00PM Water Fitness (P) Acupuncture Available (VC)	17 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)  Acupuncture Available (VC)	18 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P)	19 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	20 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 11:00 Ai Chi (P)	21 10:00 CWV Chair Dance (CR) 
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Spring Clean Your Mind

This April the Vitality Center is encouraging you to clear your mind and start fresh. If the start of 2018 was rocky, or if it was amazing, it is time to reboot and regenerate. Take some time for yourself this month, read a good book, take daily walks and clean out the clutter around your living space. Take these steps, and you will have a great Spring and Summer!

Class Schedule Key

BR	Board Room
CR	Community Room
VC	Vitality Center
AS	Art Studio
P	Pool
RA. F	Royal Anne Fireplace
HC	Health Center
RA.P	Royal Anne Patio

Health Services

Call and schedule your appointment for
 Metta Massage—503-318-3612
 Adventist Foot Care—503-251-6303
 Able Hearing—503-239-8918
 On-Site Oral Health Care—503-902-5333
 Eileen Durham- Acupuncturist — 360-608-4242

Questions about Wellness Classes & Services?

Please call the Vitality Desk
503-546-7924

Hours of Operation

Monday - Friday 7am - 7pm
 Saturday - Sunday 10am - 3:30pm