






# Vitality Wellness and Exercise

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) <i>11:00 Full Body Strength (CR)</i> 11:00 Ai Chi (P)	2 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)
3 11:00 Ai Chi (P)	4 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle Control Upper Body (CR) 5:00PM Water Fitness (P) Acupuncture Available (VC)	5 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)  3:00 Laughing Yoga (CR)	6 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P) 11:00 Joint Stabilization (CR) 1:00 Water Volleyball (P) 2:00 Knitting (AS) 6:30 Chess Club (AS)	7 9:30 Aqua Zumba (P) <b>10:30 Yoga with Krystal (CR)</b> 11:10 Balance (CR) 11:30 Muscle Control Lower Body (CR) <b>6:00 Bean Bag Toss (CR)</b> Massage Available (VC)	8 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) <i>11:00 Full Body Strength (CR)</i> 11:00 Ai Chi (P)	9 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)  
10 11:00 Ai Chi (P)  	11 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle Control Upper Body (CR) 5:00PM Water Fitness (P) Acupuncture Available (VC)	12 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)  3:00 Laughing Yoga (CR)	13 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P) 11:00 Joint Stabilization (CR) 1:00 Water Volleyball (P) 2:00 Knitting (AS) 6:30 Chess Club (AS)	14 9:30 Aqua Zumba (P) <b>10:30 Yoga with Krystal (CR)</b> 11:10 Balance (CR) 11:30 Muscle Control Lower Body (CR) <b>6:00 Bean Bag Toss (CR)</b> Massage Available (VC)	15 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) <i>11:00 Full Body Strength (CR)</i> 11:00 Ai Chi (P)	16 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)
17 11:00 Ai Chi (P)	18 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle Control Upper Body (CR) 5:00PM Water Fitness (P) Acupuncture Available (VC)	19 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)  3:00 Laughing Yoga (CR)	20 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P) 11:00 Joint Stabilization (CR) 1:00 Water Volleyball (P) 2:00 Knitting (AS) 6:30 Chess Club (AS)	21 9:30 Aqua Zumba (P) <b>10:30 Yoga with Krystal (CR)</b> 11:10 Balance (CR) 11:30 Muscle Control Lower Body (CR) <b>6:00 Bean Bag Toss (CR)</b> Massage Available (VC)	22 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) <i>11:00 Full Body Strength (CR)</i> 11:00 Ai Chi (P)	23 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)
24 11:00 Ai Chi (P)	25 <b>Vitality Center CLOSED</b>  	26 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F)  3:00 Laughing Yoga (CR)	27 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P) 11:00 Joint Stabilization (CR) 1:00 Water Volleyball (P) 2:00 Knitting (AS)	28 9:30 Aqua Zumba (P) <b>10:30 Yoga with Krystal (CR)</b> 11:10 Balance (CR) 11:30 Muscle Control Lower Body (CR) <b>6:00 Bean Bag Toss (CR)</b> Massage Available (VC)	29 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) <b>No Full Body Strength</b> 11:00 Ai Chi (P) Water Volleyball 1:00	30 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)
31 11:00 Ai Chi (P)						

## Stretching: Winter vs Summer

Stretching is vital before, after and during exercise. It also helps to stretch throughout the day to help circulation, muscle activity, and bone strength. However, keep in mind, you may have to do things slightly different in cold weather. Stretching a cold muscle can result in pulling or straining if done wrong.

In cold weather, start with a light activity such as walking, light bicycle, marching in place, or shuffling to get your blood flowing through your body and to your muscles. This will help warm and loosen your muscles.

After your body feels awake, then you can begin static stretching.

## 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