

Vitality Wellness and Exercise

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		 	 	1 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean-Bag Toss (CR) Massage Available (VC)	2 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Joint Stabilization (CR) 11:00 Ai Chi (P)	3 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)
4 11:00 Ai Chi (P)	5 Hikers Club 9:00 (vc) 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)	6 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR)	7 9:00 Advanced Sit and Stretch (CR) 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)	8 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean-Bag Toss (CR) Massage Available (VC)	9 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Joint Stabilization (CR) 11:00 Ai Chi (P)	10 10:00 CWV Chair Dance (CR) 10:30 Painting (AS) 
11 11:00 Ai Chi (P) 	12 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)	13 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR)	14 FLAG DAY 9:00 Advanced Sit and Stretch (CR) 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)	15 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean-Bag Toss (CR) Massage Available (VC)	16 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Joint Stabilization (CR) 11:00 Ai Chi (P)	17 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)
18 11:00 Ai Chi (P) 	19 Hikers Club 9:00 (vc) 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)	20 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) Longest day of the year! 	21 9:00 Advanced Sit and Stretch (CR) 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)	22 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean-Bag Toss (CR) Massage Available (VC) 	23 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 11:00 Excursion Sign-ups (CR)	24 10:30 Painting (AS)
25 11:00 Ai Chi (P) 	26 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)	27 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 	28 9:00 Advanced Sit and Stretch (CR) 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)	29 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean-Bag Toss (CR) Massage Available (VC)	30 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Joint Stabilization (CR) 11:00 Ai Chi (P)	

Hiker's Club

Monday, June 5th 9:00 A.M. (VC)
Monday, June 19th 9:00A.M. (VC)

Summer Calling!

With the sunshine right around the corner, it is important to keep our body's healthy and happy. Hydration is most important of course, but did you know there are other things you can do to keep your energy levels high this summer?

Check out the Vitality Center or Community Room board for ideas.

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