

Vitality Wellness and Exercise

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 11:00 Ai Chi (P)	2 9:00 Hiker's Club (VC) 9:30 Sit & Stretch (CR) 11:00—3:00 Garments on the Go (CR) 5:00PM Water Fitness (P) Acupuncture Available (VC)	3 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 3:00 Laughing Yoga (CR)	4 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)	5 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:00 Balance (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) 10:30 Advanced Balance (CR) 11:00 Full Body Strength (CR) 11:00 Ai Chi (P)	7 10:00 CWV Chair Dance (CR) No Painting 	
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) 5:00PM Water Fitness (P) Acupuncture Available (VC)	10 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 3:00 Laughing Yoga (CR)	11 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)	12 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	13 No Community Room Classes (except Ball Toss) 10:00 Ball Toss (CR) 11:00 Ai Chi (P)	14 No Chair Dance 10:30 Painting (AS)	
15 11:00 Ai Chi (P)	16 9:00 Hiker's Club (VC) No Community Room Classes 5:00PM Water Fitness (P) Acupuncture Available (VC)	17 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 3:00 Laughing Yoga (CR)	18 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)	19 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:00 Balance (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 Excursion Sign-ups (CR) 11:00 Ai Chi (P)	21 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)	
22 11:00 Ai Chi (P)	23 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)	24 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 3:00 Laughing Yoga (CR)	25 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)	26 9:30 Aqua Zumba (P) 10:30 Yoga with Krystal (CR) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	27 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Full Body Strength (CR) 11:00 Ai Chi (P)	28 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)	
29 11:00 Ai Chi (P) 	30 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)	31 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 3:00 Laughing Yoga (CR) 					

Hiker's Club

Monday October 2nd 9:00A.M. (VC)
Monday October 16th 9:00A.M. (VC)

New Class Instructor

We would like all of you to welcome Krystal, our new Certified Yoga Instructor. She will be teaching chair/standing yoga every Thursday at 10:30 in the community room. This Thursday October 5th will be her first class at Cherrywood, if you would like to know more about the class or the new instructor, please ask Kaitlyn or Brooke!

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