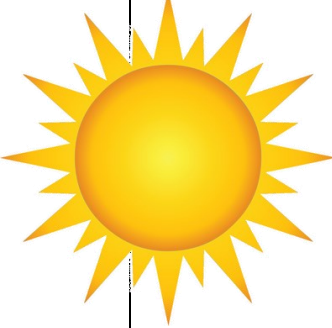











Vitality Wellness and Exercise

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 	2 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)	3 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bocce Ball (RA.P) Massage Available (VC)	4 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P)	5 10:00 CWV Chair Dance (CR) 10:30 Painting (AS) 
6 11:00 Ai Chi (P) 	7 Hiker's 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)	8 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 3:00 Yoga (CR)	9 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)	10 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bocce Ball (RA.P) Massage Available (VC)	11 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P)	12 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)
13 11:00 Ai Chi (P)	14 Hiker's 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)	15 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 3:00 Yoga (CR)	16 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)	17 9:30 Aqua Zumba (P) No Community Room Classes 6:00 Bocce Ball (RA.P) Massage Available (VC)	18 No Community Room Classes 11:00 Ai Chi (P) 11:00 Excursion Sign-ups (CR)	19 Chair Dance cancelled today 10:30 Painting (AS) 
20 11:00 Ai Chi (P) 	21 No Community Room Classes 5:00PM Water Fitness (P) Acupuncture Available (VC)	22 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) 10:30 Advanced Sit and Stretch (CR) 3:00 Yoga (CR)	23 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)	24 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bocce Ball (RA.P) Massage Available (VC) 	25 9:30 Sit & Stretch (CR) 10:00 Ball Toss (CR) 10:30 Advanced Balance (CR) 11:00 Ai Chi (P)	26 10:00 CWV Chair Dance (CR) 10:30 Painting (AS)
27 11:00 Ai Chi (P)	28 9:30 Sit & Stretch (CR) 10:00 Cardio Training (CR) 10:30 Balance (CR) 11:00 Muscle Control Upper Body (CR) No Ai Chi 5:00PM Water Fitness (P) Acupuncture Available (VC)	29 9:30 Aqua Zumba (P) 10:00 Ball Toss (RA.F) NO Advanced Sit and Stretch 3:00 Yoga (CR)	30 NO Advanced Sit and Stretch 9:30 Sit & Stretch (CR) 10:00 Ball Toss (RA.F) 10:30 Advanced Balance _(CR) 11:00 Joint Stabilization _(CR) No Ai Chi 1:00 Water Volleyball (P) 2:00 Knitting (AS) 6:30 Chess Club (AS)	31 9:30 Aqua Zumba (P) 11:00 Balance (CR) 11:30 Muscle Control Lower Body (CR) 6:00 Bocce Ball (RA.P) Massage Available (VC)	 	

Hiker's Club

Monday August 7th 9:00A.M. (VC)
Monday August 14th 9:00A.M. (VC)

Hydration Stations

It's summertime and that means the temperatures are rising. Make sure to stay healthy and hydrated by taking advantage of the hydration stations around the building. If water is difficult to drink, try adding fruit, mint or basil to help refresh your taste buds.

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