

Vitality Wellness and Exercise

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P)	2 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
3 11:00 Ai Chi (P)	4 10:00 Ball Toss CR) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	5 9:30 Aqua Zumba (P) 9:30 Sit & Reach (CR) 10:00 Balance (CR) 10:00 Ball Toss (RA.F) 10:30 Cardio Training (CR) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	6 9:30 Sit & Reach (CR) 10:00 Advanced Balance (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P)	7 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 10:30 Yoga with Krystal (CR) 6:00 Bocce Ball (RA-P) Massage Available (VC)	8 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P)	9 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
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June Health Tip

Eat your probiotics! Probiotics are live microorganisms that are intended to have health benefits. Although people often think of bacteria and other microorganisms as harmful “germs,” many microorganisms help our bodies function properly. For example, bacteria that are normally present in our intestines help digest food, destroy disease-causing microorganisms, and produce vitamins. You can get probiotics in certain types of food, like sauerkraut and other pickled veggies or kombucha (fermented tea), or you can buy them from a pharmacy in capsule form. Probiotics offer a variety of benefits including clearer skin, a boosted immune system, a healthier digestive tract, better oral health, and more!

Class Schedule Key

BR	Board Room
CR	Community Room
VC	Vitality Center
AS	Art Studio
P	Pool
RA. F	Royal Anne Fire-place
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