

Vitality Wellness and Exercise

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	3 9:30 Aqua Zumba (P) 9:30 Sit & Reach (CR) 10:00 Balance (CR) 10:30 Cardio Training (CR) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	4 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)	5 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)	6 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)	7 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
8	9 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	10 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)	11 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)	12 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)	13 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)	14 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
15	16 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Garments on the Go (CR) Acupuncture Available (VC)	17 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)	18 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)	19 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)	20 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)	21 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
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June Health Tip

It's getting hot out there! Here are some tips for safe sunscreen application:

1. Apply sunscreen 15 - 30 minutes before exposing your skin to the sun.
2. Don't forget easy-to-miss spots like the tips of your ears, the tops of your feet, the backs of your legs, and (if you have one) your bald spot.
3. Reapply every 2 hours (no matter how "long-lasting" your sunscreen is supposed to be).
4. Check the expiration date! That's right: sunscreen expires, too!
5. Wear sunscreen on cloudy days, too. UV rays can pass right through clouds.

6. 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