

CherryWood Village Wellness

May 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Join us for the 2012 Wellness Fair Wednesday, May 9th</p> <p>We will be Celebrating Healthy Foods!</p>		<p>1 9:00 Morning Gratitude 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Line Dancing 10:30 Water Fitness 11:00 JollyBall 11:30 Tai Chi</p>	<p>2 Lewis & Clark Excursion Day 9:30 Sit/Stretch 10:00 Voice & Breathing 11:00 Core Training 11:30 Yoga II 1:00 Balance 1:00 Water Volleyball</p>	<p>3 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Seated Tai Chi 10:30 JollyBall 10:30 Water Fitness 11:30 Rythmic Flow 6:00 Chess Club</p>	<p>4 9:30 Sit/Stretch 11:00 Ai Chi 11:00 Core Training 11:30 Yoga II 1:00 Water Volleyball</p>	<p>5 1:00 Memory Writing</p>
6	<p>7 9:30 Sit & Stretch 10:00 Qigong 10:00 Water Fitness 11:00 Balance 11:00 Ai Chi 2:00 Wellness Film</p>	<p>8 9:00 Morning Gratitude 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Line Dancing 10:30 Water Fitness 11:00 JollyBall 11:30 Tai Chi</p>	<p>9 2012 WELLNESS FAIR!</p>  <p>Quelle: http://www.tromcardin-complex.de/</p>	<p>10 Massage By Apt 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Seated Tai Chi 10:30 JollyBall 10:30 Water Fitness 11:30 Rythmic Flow 6:00 Chess Club</p>	<p>11 9:30 Sit/Stretch 11:00 Ai Chi 11:00 Core Training 11:30 Yoga II 1:00 Water Volleyball</p>	<p>12 1:00 Memory Writing</p>
13	<p>14 9:00 Able Hearing 9:30 Sit & Stretch 10:00 Qigong 10:00 Water Fitness 11:00 Balance 11:00 Ai Chi 2:00 Wellness Film</p>	<p>15 9:00 Morning Gratitude 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Line Dancing 10:30 Water Fitness 11:00 JollyBall 11:30 Tai Chi</p>	<p>16 9:30 Sit/Stretch 10:00 Voice & Breathing 11:00 Core Training 11:30 Yoga II 1:00 Balance 1:00 Water Volleyball 2:00 Knitting Social</p>	<p>17 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Seated Tai Chi 10:30 JollyBall 10:30 Water Fitness 11:30 Rythmic Flow 6:00 Chess Club</p>	<p>18 9:30 Sit/Stretch 11:00 Ai Chi 11:00 Core Training 11:30 Yoga II 1:00 Water Volleyball</p>	<p>19 1:00 Memory Writing</p>
20	<p>21 9:30 Sit & Stretch 10:00 Qigong 10:00 Water Fitness 11:00 Balance 11:00 Ai Chi 2:00 Wellness Film</p>	<p>22 9:00 Morning Gratitude 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Line Dancing 10:30 Water Fitness 11:00 JollyBall 11:30 Tai Chi 2:00 Book Club</p>	<p>23 9:30 Sit/Stretch 10:00 Voice & Breathing 11:00 Core Training 11:30 Yoga II 1:00 Balance 1:00 Water Volleyball 2:00 Knitting Social 9:00 Garden Walk</p> 	<p>24 Massage By Apt 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Seated Tai Chi 10:30 JollyBall 10:30 Water Fitness 11:30 Rythmic Flow 6:00 Chess Club</p>	<p>25 9:30 Sit/Stretch 11:00 Ai Chi 11:00 Core Training 11:30 Yoga II 12:00 Potluck 1:00 Water Volleyball</p>	<p>26 1:00 Memory Writing</p>
27	<p>28 9:30 Sit & Stretch 10:00 Qigong 10:00 Water Fitness 11:00 Balance 11:00 Ai Chi 2:00 Wellness Film</p>	<p>29 9:00 Morning Gratitude 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Line Dancing 10:30 Water Fitness 11:00 JollyBall 11:30 Tai Chi 2:00 Book Club</p>	<p>30 9:30 Sit/Stretch 10:00 Voice & Breathing 11:00 Core Training 11:30 Yoga II 1:00 Balance 1:00 Water Volleyball 2:00 Knitting Social</p>	<p>31 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Seated Tai Chi 10:30 JollyBall 10:30 Water Fitness 11:30 Rythmic Flow 6:00 Chess Club</p>		

Wellness Fair Day Events

Wednesday, May 9th

Presentations

9:30am Letting go of Stress and Finding "Peas" in God.

CWV Chaplain, Mick Turner

10:15am Raw Foods Demonstration

Chef, Birdget Ware

11:30am This is Your Brain on Chocolate and More

Founder of mindRAMP, Roger Anunsen

1:30pm The Anti-Inflammatory Diet

New Seasons Market Nutritionist, Christi Reed

2:30pm Searching the Bible for lessons on Health and Nutrition

Biblical Nutritionist and Radio Personality,

Homevra Bakshnia

Free 5-Minute Hand Massages

11am-1:00pm in the Wellness Center

Sign up in the Wellness Center as early as 9:30am the day of the fair (spots fill up fast) for your complimentary spa treatment by our in-house massage therapist, Libby Cozza

Weight Loss Coaching

Community Room at 1:00pm

Join our personal trainer, Chris Ignacio to learn what your BMI number means to you and how you can successfully lose weight and lower that number.

Fresh Fruit Smoothies

Purchase your smoothie from 10:30-2:30 in the Cherry Delight Cafe

Local Health and Wellness Vendors

We will have New Seasons Market, American Seating and Mobility, Dieticians Weight Loss Center, and many more health and wellness vendors throughout the day at our event to showcase and explain their beneficial services to you.

Scooter/Walker/Wheel Chairs

For all questions and help regarding your scooter, walker or wheel chair. Please see Mindy or Sam at the Wellness Center.

Hours of Operation

For questions about Wellness Classes and Services please call the Wellness Desk 503-546-7924

Monday - Friday
7am - 7pm
Saturday - Sunday