

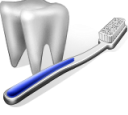



CherryWood Village Wellness

September 2010



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<p>Live a Balanced and Happy Life</p>  <p>Physical Wellness Social Wellness Spiritual Wellness Intellectual Wellness Occupational Wellness Emotional Wellness</p>			<p>1 Massage by Appt 10:00 Sit/Stretch 10:45 Yoga 11:30 Core Training 1:00 Water Volleyball Country Fair TODAY!</p>	<p>2 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Balance 10:00 Gym Class 10:30 JollyBall! 10:30 Water Fitness 3:00 Gym Class 6:30 Bocce</p>	<p>3 10:00 Putt Tourney 10:00 Sit/Stretch 10:45 Yoga 11:00 Ai Chi 11:30 Core Training 1:00 Water Volleyball 1:00 Sit/Stretch</p>	<p>4 10:00 - 3:30</p>
<p>5 10:00 - 3:30</p>	<p>6 Labor Day We ARE OPEN 9:30 Sit & Stretch 10:00 Qigong 10:00 Water Fitness 11:00 Balance 11:00 Ai Chi 1:00 Core Training</p>	<p>7 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Laugh Club 10:00 Gym Class 10:30 Water Fitness 11:00 JollyBall 11:30 Strong/Stable 3:00 Gym Class</p>	<p>8 10:00 Sit/Stretch 10:45 Yoga 11:30 Core Training 1:00 Water Volleyball 1:00 Sit/Stretch* 6:00 Evening Croquet *=Community Room</p>	<p>9 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Balance 10:00 Gym Class 10:30 JollyBall! 10:30 Water Fitness 3:00 Gym Class 6:30 Bocce</p>	<p>10 10:00 Putt Tourney 10:00 Sit/Stretch 10:45 Yoga 11:00 Ai Chi 11:30 Core Training 1:00 Water Volleyball 1:00 Sit/Stretch</p>	<p>11 10:00 - 3:30</p> 
<p>12 10:00 - 3:30</p>	<p>13 9-10 Hearing Care 10:00 Qigong 11:00 Ai Chi Beach Trip</p>	<p>14 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Laugh Club 10:00 Gym Class 10:30 Water Fitness 11:00 JollyBall 3:00 Gym Class Beach Trip</p>	<p>15 Massage by Appt 1:00 Water Volleyball Beach Trip</p>	<p>16 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Balance 10:00 Gym Class 10:00 World Religions 10:30 JollyBall! 10:30 Water Fitness 3:00 Gym Class 6:30 Bocce</p>	<p>17 10:00 Putt Tourney 10:00 Sit/Stretch 10:45 Yoga 11:00 Ai Chi 11:30 Core Training 1:00 Water Volleyball 1:00 Sit/Stretch</p>	<p>18 10:00 - 3:30</p>
<p>19 10:00 - 3:30</p> 	<p>20 Dental Hygiene by Appt 9:30 Sit & Stretch 10:00 Qigong 10:00 Water Fitness 11:00 Balance 11:00 Ai Chi 1:00 Core Training</p>	<p>21 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Laugh Club 10:00 Gym Class 10:30 Water Fitness 11:00 JollyBall 11:30 Strong/Stable 3:00 Gym Class</p>	<p>22 10:00 Sit/Stretch 10:45 Yoga 11:30 Core Training 1:00 Water Volleyball 1:00 Sit/Stretch</p>	<p>23 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Balance 10:00 Gym Class 10:00 World Religions 10:30 JollyBall! 10:30 Water Fitness 3:00 Gym Class 6:30 Bocce</p>	<p>24 Podiatrist 9 - 12 10:00 Putt Tourney 10:00 Sit/Stretch 10:45 Yoga 11:00 Ai Chi 11:30 Core Training 12:00 Potluck 1:00 Water Volleyball 1:00 Sit/Stretch</p>	<p>25 10:00 - 3:30</p>
<p>26 10:00 - 3:30</p>	<p>27 9:00 Pet Therapy 9:30 Sit & Stretch 10:00 Qigong 10:00 Water Fitness 11:00 Balance 11:00 Ai Chi 1:00 Core Training</p>	<p>28 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Laugh Club 10:00 Gym Class 10:30 Water Fitness 11:00 JollyBall 11:30 Strong/Stable</p>	<p>29 Massage by Appt 10:00 Sit/Stretch 10:45 Yoga 11:30 Core Training 1:00 Water Volleyball 1:00 Sit/Stretch</p>	<p>30 9:30 Sit & Stretch 9:30 Water Fitness 10:00 Balance 10:00 Gym Class 10:00 World Religions 10:30 JollyBall! 10:30 Water Fitness 3:00 Gym Class 6:30 Bocce</p>	<p>Seize the Day!</p>	

New Class This Month

Gym Class-this is a circuit training class lead by Chris Ignacio, our personal trainer Tuesdays and Thursdays 10am and 3pm In the Gym

Lecture Series This Month

World Religions- In this 6-week lecture series we will explore religions from around the world. Thursdays at 10:00 in the board room beginning September 16th

New Class Times

Sit and Stretch-Wednesday and Fridays class times are now 10am in the Community Room & 1pm in the Board Room



Special Event

Evening Croquet on the front lawn Wednesday, September 8th at 6:00pm

Hours of Operation

Monday - Friday
7am - 7pm
Saturday - Sunday
10am - 3:30pm

For questions about our Wellness Classes and Services please call the Wellness Desk and we will be glad to talk to you.

503-546-7924

See your Wellness Service Providers Phone List to set your private appointments.

Personal Training Available

Free for residents! Call or stop by the Wellness Center to make your Appointment with Chris.