

Vitality Wellness & Exercise

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	2 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)	3 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)	4 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) 6:00 Bocce Ball (RA-P) Massage Available (VC)	5 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	6 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
7	8 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	9 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)	10 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)	11 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) 6:00 Bocce Ball (RA-P) Massage Available (VC)	12 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	13 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
14	15 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	16 9:30 Aqua Zumba (P) 9:30 Sit & Reach (CR) 10:00 Balance (CR) 10:30 Cardio Training classes (CR) 10:00 Ball Toss (RA.F) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	17 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)	18 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) 6:00 Bocce Ball (RA-P) Massage Available (VC)	19 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	20 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
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October Health Tip

Stay active! The days are growing shorter and a wee bit colder, but it's important not to let that keep you cooped up inside on the couch.

1. Find a new fitness activity! We just finished up back-to-school... what are you learning this season?
2. Be an active TV watcher: if you're going to sit down and binge-watch your favorite show, do some lunges, crunches, or life some weights while you watch!
3. Dress in layers! If the cold keeps you from getting outside, the solution may be as simple as finding a good hat and gloves to add to your workout getup. "DriFit" fabric with wicking is another warm layer option.

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