

# Vitality Wellness and Exercise

## April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:00 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P)  Acupuncture Available (HC)	<b>2</b> 9:30 Aqua Zumba (P) 9:30 Sit & Reach (CR) 10:00 Balance (CR) 10:30 Cardio Training (CR)  Acupuncture Available (HC)	<b>3</b> 9:30 Sit & Reach (CR) 10:00 Advanced Balance (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P) 1:00 Water Volleyball (P) 4:00 Water Fitness (P)	<b>4</b> 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Chair Yoga (CR) 6:00 Bean Bag Toss (CR)  Massage Available (HC)	<b>5</b> 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P)	<b>6</b> 10:00 CWV Chair Dance (CR)   Acupuncture Available (HC)
<b>7</b>	<b>8</b> 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P)  Acupuncture Available (HC)	<b>9</b> 9:30 Aqua Zumba (P) 9:30 Sit & Reach (RA-F) 10:00 Balance (RA-F) 10:30 Cardio Training (RA-F)  Acupuncture Available (HC)	<b>10</b> 9:30 Sit & Reach (CR) 10:00 Advanced Balance (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P) 1:00 Water Volleyball (P) 4:00 Water Fitness (P)	<b>11</b> 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Chair Yoga (CR) 6:00 Bean Bag Toss (CR)  Massage Available (HC)	<b>12</b> 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P)	<b>13</b> 10:00 CWV Chair Dance (CR)   Acupuncture Available (HC)
<b>14</b>	<b>15</b> 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P)  Acupuncture Available (HC)	<b>16</b> 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)  Acupuncture Available (HC)	<b>17</b> 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) 4:00 Water Fitness (P)	<b>18</b> 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 6:00 Bean Bag Toss (CR)  Massage Available (HC)	<b>19</b> 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P)	<b>20</b> 10:00 CWV Chair Dance (CR)   Acupuncture Available (HC)
<b>21</b>	<b>22</b> 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P)  Acupuncture Available (HC)	<b>23</b> 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)  Acupuncture Available (HC)	<b>24</b> 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) 4:00 Water Fitness (P)	<b>25</b> 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Chair Yoga (CR) 6:00 Bean Bag Toss (CR)  Massage Available (HC)	<b>26</b> 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 11:00 Ai Chi Water Exercise (P) 1:00 Water Volleyball (P)	<b>27</b> 10:00 CWV Chair Dance (CR)   Acupuncture Available (HC)
<b>28</b>	<b>29</b> 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P)  Acupuncture Available (HC)	<b>30</b> 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)  Acupuncture Available (HC)				

### Smoothies are Back!!

CherryWood Delight Café  
Smoothies are back

16 oz.—\$3.50

Add a scoop of protein powder for .50

#### Tropical Dream

Strawberries, Pineapple, OJ, Banana, Ice

#### Strawberry Banana

Strawberry, Banana, Vanilla Greek Yogurt, Milk, Ice

#### Going Green

Pineapple, Spinach, Banana, OJ or Choice of Milk, Ice

### 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      Saturday - Sunday  
7am - 7pm              10am - 3:30pm

Pool closed for cleaning on Fridays  
from 2—3:30PM