

Vitality Wellness and Exercise

February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
2	3 10:00 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (HC)	4 9:30 Aqua Zumba (P) 9:30 Sit & Reach (CR) 10:00 Balloon Toss (RA-F) 10:00 Balance (CR) 10:30 Cardio Training (CR) Acupuncture Available (HC)	5 9:30 Sit & Reach (CR) 10:00 Balloon Toss (RA-F) 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)	6 9:30 Aqua Zumba (P) 12:00 Chair Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (HC)	7 9:30 Sit & Stretch (CR) 10:00 Balloon Toss (RA-F) 10:00 Upper Body/ Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P) Foot Reflexology Available (HC)	8 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
9	10 10:00 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (HC)	11 9:30 Aqua Zumba (P) 9:30 Sit & Reach (CR) 10:00 Balance (CR) 10:00 Balloon Toss (RA.F) 10:30 Cardio Training (CR) Acupuncture Available (HC)	12 9:30 Sit & Reach (CR) 10:00 Advanced Balance (CR) 10:00 Balloon Toss (RA.F) 10:30 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P) 4:00 Water Fitness (P)	13 9:30 Aqua Zumba (P) 12:00 Chair Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (HC)	14 9:30 Sit & Stretch (CR) 10:00 Balloon Toss (RA-F) 10:00 Upper Body/ Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi Water Exercise (P) Foot Reflexology Available (HC)	15 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
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Take Care of Your Heart!

Did you know the signs of a heart attack tend to be different in women and men?

Angina, or chest pain, is common in both men & women. However, simple shortness of breath, nausea, or cold sweats in women can signal a heart attack, while men typically display additional symptoms like jaw/neck pain, arm pain, back pain, and stomach pain.

Class Schedule Key

BR	Board Room
CR	Community Room
VC	Vitality Center
AS	Art Studio
P	Pool
RA. F	Royal Anne Fireplace
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
 Liz Howell - Foot Reflexology - 503-888-5064

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