

Vitality Wellness and Exercise

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
2	3 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (HC)	4 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)	5 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)	6 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)	7 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)	8 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
9	10 9:30 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 Ball Toss (RA.F) 10:30 Cardio Training (CR) Acupuncture Available (HC)	12 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)	13 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 6:00 Bean Bag Toss (CR) Massage Available (HC)	14 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)	15 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
16	17 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (HC)	18 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)	19 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)	20 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)	21 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)	22 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
23	24 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (HC)	25 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)	26 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)	27 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)	28 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) 1:00 Water Volleyball (P)	29 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
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Visiting the Ocean?

When you're heading out for a day at the beach, it's important to remember to bring along some sunscreen to repel those UVA/UVB rays and protect your skin. BUT, did you know that some kinds of sunscreen can be harmful to our coral reefs? So if you're planning to take a dip in the ocean, be sure to bring along sun protection **WITHOUT Oxybenzone.**

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

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