



Vitality Wellness and Exercise

March 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	2 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
3	4 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Free for All Drop Off (9:00 - 2:00) Acupuncture Available (HC)	5 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) Free for All (9:00 - 2:00)	6 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)	7 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)	8 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	9 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
10	11 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (HC)	12 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)	13 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)	14 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 6:00 Bean Bag Toss (CR) Massage Available (HC)	15 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	16 10:00 CWV Chair Dance (CR) Acupuncture Available (HC)
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31						

March Health Tips

March is **Sleep Awareness Month**. Many people are unaware of how much sleep can affect our daily lives, and how bad lack of sleep can make us feel. Here are a few tips to help you get some z's:

1. Exercise regularly
2. Go to bed at the same time every night
3. Don't eat within an hour of bedtime.
4. Keep your bedroom cool, dark, and quiet.
5. Avoid screen time in the hour before bed.

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