



Vitality Wellness and Exercise

November 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 Sit & Reach (CR) 10:00 Balloon Toss (RA-F) 10:00Upper/Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) <u>Pool Open to Residents Only 5pm-7pm</u>	2 10:00 Chair Dance (CR) Pool Open to Residents Only 9:30am - 3:30pm Acupuncture Available (HC)
3	4 10:00 Balloon Toss (RA-F) Acupuncture Available (HC)	5 9:30 Zumba (BR) 9:30 Sit & Reach (CR) 10:00 Balance (CR) 10:00 Balloon Toss (RA-F) 10:30 Cardio Training (CR) Acupuncture Available (HC)	6 9:30 Sit & Reach (CR) 10:00 Balloon Toss (RA-F) 10:00 Advanced Balance (CR) 10:30 Cardio Training (CR) 4:00 Aerobics (CR)	7 9:30 Zumba (CR) 12:00 Chair Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (HC)	8 9:30 Sit & Reach (CR) 10:00 Balloon Toss (RA-F) 10:00Upper/Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) <u>Pool Open to Residents Only 5pm-7pm</u>	9 10:00 Chair Dance (CR) Pool Open to Residents Only 9:30am - 3:30pm Acupuncture Available (HC)
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November Health Tips

Here are a few tips to help keep you healthy through the heavy-eating Thanksgiving Season!

1. Eat sitting up straight - this allows you to breathe properly and support digestion!
2. Reserve 1/3 of your plate for veggies.
3. Use a smaller plate - then you can fill it up guilt-free!
4. Be present while eating and be grateful for family and friends, not stressing about your weight.

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
Reflexology/Foot Massage - 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