

Vitality Wellness & Exercise

August

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

August Health Tip

Keep those pearly white teeth healthy! Oral health is closely tied into the overall health of our bodies.

1. Eat foods that are high in protein and calcium, and avoids foods that are high in sugar.
2. See the dentist regularly!
3. Brush teeth twice a day, every day!
4. Rinse with mouthwash every day.
5. Feeling tooth pain? Tell someone immediately! The sooner you get to the dentist, the easier it will be to take care of!

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
R.A.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- Reflexologist- 503.888.5064

Questions about Wellness Classes & Services ?

Please call the Vitality Desk
503-546-7924

Hours of Operation

Monday - Friday 7am - 7pm Saturday - Sunday 10am - 3:30pm