

Vitality Wellness and Exercise

January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 CherryWood Vitality Center Closed! Happy New Year!	2 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)	3 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	4 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	5 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
6 11:00 Ai Chi (P)	7 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (VC)	8 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) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	9 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)	10 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	11 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	12 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
13 11:00 Ai Chi (P)	14 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (VC)	15 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) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	16 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)	17 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	18 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	19 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
20 11:00 Ai Chi (P)	21 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (VC)	22 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) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	23 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)	24 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)	25 9:30 Sit & Stretch (CR) 10:00 Upper Body/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	26 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
27 11:00 Ai Chi (P)	28 9:30 Balloon Toss (RA-F) 11:00 Ai Chi Water Exercise (P) Acupuncture Available (VC)	29 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) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	30 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)	31 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) 6:00 Bean Bag Toss (CR) Massage Available (VC)		

January Health Tip

Did you know that about 80% of New Year's Resolutions fail before February? Use these tips to keep yours going!

1. Pick just one resolution to focus on.
2. Make the resolution very specific.
3. Don't pick your resolution at the last minute. Formulate a plan to achieve it in advance.
4. Start with small goals/steps.
5. Don't let small stumbles break you down. Fall off the wagon? Climb back on! You got this!

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