

Vitality Wellness and Exercise February 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) Acupuncture Available (HC)	5 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 (HC)	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)
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February Health Tips

February is **American**  Month:
 Stop smoking. ...
 Know your numbers. BP & Cholesterol...
 Screen for diabetes. ...
 Get active. ...
 Build some muscle. ...
 Eat smart. ...
 Limit junk. ...
 Stress less...
 Sleep More...
SMILE!!



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