

Vitality Wellness & Exercise

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
2	3 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	4 9:30 Aqua Zumba (P) 9:30 Sit & Reach (CR) 10:00 Balance (CR) 10:00 Ball Toss (RA.F) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	5 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)	6 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) Validity Hours 7:00 - 2:30 Staff Holiday Party	7 9:30 Sit & Stretch (CR) 10:00 Balance (CR) 11:00 Ai Chi (P)	8 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
9	10 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	11 9:30 Aqua Zumba (P) 9:30 Sit & Reach (CR) 10:00 Balance (CR) 10:00 Ball Toss (RA.F) 3:00 Laughing Yoga (CR) Acupuncture Available (VC)	12 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)	13 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) Massage Available (VC)	14 9:30 Sit & Stretch (CR) 10:00 Balance (CR) 11:00 Ai Chi (P)	15 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
16	17 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) 5:00 Water Fitness (P) Acupuncture Available (VC)	18 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)	19 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)	20 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) Massage Available (VC)	21 9:30 Sit & Stretch (CR) 10:00 Upper/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P)	22 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
23	24 10:00 Ball Toss (RA.F) 11:00 Ai Chi Water Exercise (P) Validity Hours 7:00—3:00 Acupuncture Available (VC)	25 Happy Holiday 	26 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)	27 9:30 Aqua Zumba (P) 9:30 Balloon Toss (RA-F) 12:00 Yoga (CR) Massage Available (VC)	28 9:30 Sit & Stretch (CR) 10:00 Upper/Lower Body Muscle Control (CR) 10:30 Cardio Training (CR) 11:00 Ai Chi (P) 1:00 Water Volleyball (P)	29 10:00 CWV Chair Dance (CR) Acupuncture Available (VC)
30	31 Normal Hours					

10 Tips to Stay Healthy this Holiday

1. Make a Plan
2. Exercise Daily
3. Plan your Nutrition
4. Hydrate
5. Eat Before a Party
6. Limit your Alcohol
7. Follow the '3 Bite Rule'
8. Choose Food Wisely
9. Be Social
- 10 Get back into your Routine

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