

ROYAL ANNE VITALITY CALENDAR

Sept. 2021

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

If you'd like to schedule a window visit, get in touch with the front desk to schedule an appointment! For more updated activities & announcements, check out the Vitality Channel 1972.			<div>TV CHANNEL 1972 1</div> <div>9:30 AM: Seated Workout</div> <div>10:30 AM: Ab/Cardio Workout</div> <div>11:15 AM Travel Video</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 2</div> <div>9:30 AM: Chair Workout</div> <div>10:30 AM: Knee Friendly Cardio</div> <div>11:30 AM Travel Video</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div>	<div>TV CHANNEL 1972 3</div> <div>9:30 AM: Seated Exercises with Weights</div> <div>10:00 AM: Stretching Routine</div> <div>11:00 AM Travel Video</div> <div>1:00 PM Painting Class</div> <div>3:00 PM: Sing Along</div> <div>General Store Deliveries</div>	<div>TV CHANNEL 1972 4</div> <div>9:30 AM: Seated Yoga</div> <div>11:45 AM: Low Impact Cardio</div> <div>1:00 PM Painting Class</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div> <div>Puzzle Packets on shelves</div>
<div>TV CHANNEL 1972 5</div> <div>9:30 AM: Chair Cardio</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div> <div>5:00 PM: Movie: Royal Wedding</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 6</div> <div>9:30 AM: Chair Cardio</div> <div>10:00 AM: Seated Stretching</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div> <div>HAPPY LABOR DAY!</div>	<div>TV CHANNEL 1972 7</div> <div>9:30 AM: Chair Pilates</div> <div>11:30 AM: Travel Video</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div>	<div>TV CHANNEL 1972 8</div> <div>9:30 AM: Seated Workout</div> <div>10:30 AM: Cardio Dance</div> <div>11:15 AM Travel Video</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 9</div> <div>9:30 AM: Seated Workout</div> <div>10:00 AM: Gentle Tai Chi</div> <div>1:00 PM Painting Class</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div>	<div>TV CHANNEL 1972 10</div> <div>9:30 AM: Chair Exercises</div> <div>10:00 AM: Ankle Exercise</div> <div>11:00 AM Travel Video</div> <div>1:00 PM Painting Class</div> <div>3:00 PM: Sing Along</div> <div>General Store Deliveries</div>	<div>TV CHANNEL 1972 11</div> <div>9:30 AM: Cardio Workout</div> <div>1:00 PM Painting Class</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div> <div>Puzzle Packets on shelves</div>
<div>TV CHANNEL 1972 12</div> <div>9:30 AM: Seated Workout</div> <div>11:45 AM: Low Impact Cardio</div> <div>2:00 PM: Exercise with Jen</div> <div>3:00 PM: Sing Along</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 13</div> <div>9:30 AM: Seated Yoga</div> <div>10:30 AM: Dance Fitness</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div>	<div>TV CHANNEL 1972 14</div> <div>9:30 AM: Seated Cardio</div> <div>10:00 AM: Yoga for Neck & Shoulder Relief</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div>	<div>TV CHANNEL 1972 15</div> <div>9:30 AM: Seated Workout</div> <div>10:30 AM: Dance Fitness</div> <div>11:15 AM Travel Video</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 16</div> <div>9:30 AM: Chair Workout</div> <div>10:30 AM: Standing Cardio</div> <div>1:00 PM Art Class</div> <div>2:00 PM: Exercise with Jen</div>	<div>TV CHANNEL 1972 17</div> <div>9:30 AM: Chair Yoga</div> <div>10:00 AM: Arm Workout</div> <div>10:30 AM Brisk Cardio</div> <div>1:00 PM Painting Class</div> <div>2:00 PM: Exercise with Jen</div> <div>General Store Deliveries</div>	<div>TV CHANNEL 1972 18</div> <div>9:30 AM: Exercise with Mike</div> <div>1:00 PM Cardio Workout</div> <div>2:00 PM: Exercise with Jen</div> <div>Puzzle Packets on shelves</div>
<div>TV CHANNEL 1972 19</div> <div>9:30 AM: Chair Yoga</div> <div>11:45 AM: Weight Training</div> <div>2:00 PM: Exercise with Jen</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 20</div> <div>9:30 AM: Chair Dance</div> <div>10:10 AM: Neck Exercises</div> <div>10:30 AM: Core Cardio</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div>	<div>TV CHANNEL 1972 21</div> <div>9:30 AM: Chair Yoga</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div>	<div>TV CHANNEL 1972 22</div> <div>9:30 AM: Chair Pilates</div> <div>10:00 AM: Balance Training</div> <div>10:30 AM: Merengue Cardio</div> <div>2:00 PM: Exercise with Jen</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 23</div> <div>9:30 AM: Core Strengthening</div> <div>9:45 AM: Seated Stretching</div> <div>10:30 AM: Posture/Balance Workout</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div>	<div>TV CHANNEL 1972 24</div> <div>9:30 AM: Chair Dance</div> <div>10:00 AM: Neck Exercises</div> <div>10:30 AM Low Impact Cardio</div> <div>1:00 PM Painting Class</div> <div>2:00 PM: Exercise with Jen</div> <div>General Store Deliveries</div>	<div>TV CHANNEL 1972 25</div> <div>9:30 AM: Chair Pilates</div> <div>11:30 AM Seated Workout</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div> <div>Puzzle Packets on shelves</div>
<div>TV CHANNEL 1972 26</div> <div>9:30 AM: Seated Workout</div> <div>11:30 AM: Dance Fitness</div> <div>2:00 PM: Exercise with Jen</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 27</div> <div>9:30 AM: Chair Yoga</div> <div>10:00 AM Knee Friendly Cardio</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div>	<div>TV CHANNEL 1972 28</div> <div>9:30 AM: Chair Cardio</div> <div>11:30 AM Standing Ab Workout</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div>	<div>TV CHANNEL 1972 29</div> <div>9:30 AM: Chair Workout</div> <div>10:00 AM: Seated Stretching</div> <div>10:30 AM Balance Workout</div> <div>1:00 PM: Art Class</div> <div>2:00 PM: Exercise with Jen</div> <div>Room Bingo on shelves</div>	<div>TV CHANNEL 1972 30</div> <div>9:30 AM: Seated Cardio</div> <div>10:00 AM: Gentle Yoga</div> <div>10:30 AM Mamma Mia Themed Workout</div> <div>2:00 PM: Exercise w/ Jen</div>	Please wear your mask and practice social distancing	
						<div>BIRTHDAYS</div> <div>9/1 Betty Case</div> <div>9/8 Billie Simonson</div> <div>Shirley Sorrell</div> <div>9/12 Diana Rinner</div> <div>Betty Williams</div> <div>9/18 Emery Karst</div> <div>9/19 Sherry Hensley</div>