

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Mon.—Friday 6:00 am—6:00 pm Sat. & Sun. 9:00 am—3:00pm</p> <p>VCR Gym Open to Staff and Residents 24 Hours a Day</p> <p>Location Key: WR – Weight Room VCR – Vitality Community Room TCR – Terrace Community Room T/G— Towers & Gables FCR-Fountains' Community Room</p>	<p>Vitality Center (503) 654-1939</p> <p>Massage Therapy- Libby Cozza (503) 318-3612</p> <p>Physical Therapy- Pat Franko (503) 654-1939</p>			<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:15 Chair Exercises ~ VCR 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class</p> <p>1</p>	<p>8:30 Water Aerobics 9-11:00 Flu Shots ~ VCR 9:30 Aqua Yoga 9:45 Strength Building ~ Ftms 10:00 Strength Class ~ TCT 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ TCT 11:30 Strength & Stretch Circuit Class ~WR 1:00 Tai Chi~ VCR 2:00 Games for the Brain ~ VCR 6:00 Lessens through Loss Support Group~P</p> <p>2</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR</p> <p>3</p>
<p>2:00 Chair Volleyball ~ TCT 3:00 Balloon Volleyball ~ Ftms 3:00 Treasure Shop open (ND) 3:30 Ping Pong ~ TCT</p> <p>4</p>	<p>8:30 Water Aerobics 8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit-VCR 10:15 Strength & Stretch Circuit Class ~ Gym 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:00 Tai Chi ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms</p> <p>5</p>	<p>8:00 Water Aerobics 8:00 Employee Orientation 9:30 Arthritis Pool Program 10:15 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p>Election Day</p> <p>6</p>	<p>No Water Aerobics No Ai Chi ~ Pool No Winnie's Sit & Be Fit ~ VCR 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT No Arthritis Pool Program No Chair Yoga ~ VCR 1:00 Strength & Stretch Circuit Class ~ Gym 3:00 VC Orientation ~ WR 3:00 Village Voices Rehearsal ~ VCR</p> <p>7</p>	<p>No Water Aerobics No Arthritis Pool Program No BOSU Exercise ~ VCR 10:15 Chair Exercises ~ TCT No Fall Prevention Class ~ WR No Pool Circuit Class 2:00-3:30 Salute to our Veterans Ftns Dining Room</p> <p>S.F.T. Test Nov. 7th-9th</p> <p>8</p>	<p>No Water Aerobics No Aqua Yoga No Strength Building ~ Ftms No Strength Class ~ VCR No Arthritis Pool Program No Chair Yoga ~ VCR No Strength & Stretch Circuit Class ~WR 1:00 Tai Chi~ VCR 2:00 Games for the Brain ~ VCR 6:00 Lessens through Loss Support Group~P</p> <p>9</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR</p> <p>10</p>
<p>2:00 Chair Volleyball ~ TCT 3:00 Balloon Volleyball ~ Ftms 3:00 Treasure Shop open (ND) 3:30 Ping Pong ~ TCT</p> <p>11</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit-VCR 10:15 Strength & Stretch Circuit Class ~ Gym 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:00 Tai Chi ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms</p> <p>12</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 10:15 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR 4:00-5:30 Western Party ~ TCT</p> <p>13</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit ~ VCR 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:00 Strength & Stretch Circuit Class ~ Gym 1:30 Resident Meeting ~ TCT 3:00 VC Orientation ~ WR 3:00 Village Voices Rehearsal ~ VCR</p> <p>14</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:15 Chair Exercises ~ VCR 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 1:00 Remembrance Service ~ VCR</p> <p>15</p>	<p>8:30 Water Aerobics 9:30 Aqua Yoga 9:45 Strength Building ~ Ftms 10:00 Strength Class ~ VCR 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 11:30 Strength & Stretch Circuit Class ~WR 1:00 Tai Chi~ VCR 2:00 Games for the Brain ~ VCR 6:00 Lessens through Loss Support Group~P</p> <p>16</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR</p> <p>17</p>
<p>2:00 Chair Volleyball ~ TCT 3:00 Balloon Volleyball ~ Ftms 3:00 Treasure Shop open (ND) 3:30 Ping Pong ~ TCT</p> <p>18</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit-VCR 10:15 Strength & Stretch Circuit Class ~ Gym 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:00 Tai Chi ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms</p> <p>19</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 10:15 Chair Exercises ~ VCR 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR 1-4:00 Staff Holiday Party ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p>20</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit ~ VCR 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:00 Strength & Stretch Circuit Class ~ Gym 3:00 VC Orientation ~ WR 3:00 Village Voices Rehearsal ~ VCR</p> <p>21</p>	<p>Happy Thanksgiving 22</p> <p>Gym open regular schedule</p> <p>No Exercise Classes Today And the Pool is Closed</p>	<p>8:30 Water Aerobics 9:30 Aqua Yoga 9:45 Strength Building ~ Ftms 10:00 Strength Class ~ VCR 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 11:30 Strength & Stretch Circuit Class ~WR 1:00 Tai Chi~ VCR 2:00 Games for the Brain ~ VCR 6:00 Lessens through Loss Support Group~P 1:00 Civil War Game ~ Ftms/TCT</p> <p>23</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR</p> <p>24</p>
<p>2:00 Chair Volleyball ~ TCT 3:00 Balloon Volleyball ~ Ftms 3:00 Treasure Shop open (ND) 3:30 Ping Pong ~ TCT</p> <p>25</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit-VCR 10:15 Strength & Stretch Circuit Class ~ Gym 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:00 Tai Chi ~ VCR 3:00 Sit & Be Fit w/ Ron ~ Ftms</p> <p>26</p>	<p>8:00 Water Aerobics 8:00 Employee Orientation 9:30 Arthritis Pool Program 10:15 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p>27</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit ~ VCR 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:00 Strength & Stretch Circuit Class ~ Gym 3:00 VC Orientation ~ WR 3:00 Village Voices Rehearsal ~ VCR</p> <p>28</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:15 Chair Exercises ~ VCR 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class Patrick's Wellness Lecture ~ TCT</p> <p>29</p>	<p>8:30 Water Aerobics 9:30 Aqua Yoga 9:45 Strength Building ~ Ftms 10:00 Strength Class ~ VCR 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 11:30 Strength & Stretch Circuit Class ~WR 1:00 Tai Chi~ VCR 2:00 Games for the Brain ~ VCR 6:00 Loss Support Group ~ TCT</p> <p>30</p>	