



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>8:30 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 11:00 Chair Yoga ~ VCR 1:00 Strength & Stretch Circuit Class ~ Gym 3:00 VC Orientation ~ WR</p> <p style="text-align: right;">1</p>	<p>8:00 Water Aerobics No Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:15 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR No Pool Circuit Class 3:00 Aerobics ~ VCR</p> <p style="text-align: right;">2</p>	<p>8:30 Water Aerobics No Aqua Yoga 10:00 Strength Class ~ VCR No Arthritis Pool Program 1:00 Tai Chi~ VCR 6:15 "Loss" Support Group Discussion ~ TCT</p> <p style="text-align: right;">3</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR</p> <p style="text-align: right;">4</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</p> <p style="text-align: right;">5</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 ~ VC 1:30 Sit & Be Fit w/ Ron ~ Ftns</p> <p style="text-align: right;">6</p>	<p>8:00 Water Aerobics 9:00-3:00 Private Mtg. ~ VCR No BOSU 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 style="text-align: right;">7</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 TCV vs Cherrywood Softball Game 3-6:00</p> <p style="text-align: right;">8</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:15 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR</p> <p style="text-align: right;">9</p>	<p>8:30 Water Aerobics 9:30 Aqua Yoga 10:00 Strength Class ~ VCR 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR 6:15 "Loss" Support Group Discussion ~ TCT</p> <p style="text-align: right;">10</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR</p> <p style="text-align: right;">11</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</p> <p style="text-align: right;">12</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 ~ Ftns</p> <p style="text-align: right;">13</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 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p style="text-align: right;">14</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</p> <p style="text-align: right;">15</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:15 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 1:00 Remembrance Service ~ VCR 3:00 Aerobics ~ VCR</p> <p style="text-align: right;">16</p>	<p>8:30 Water Aerobics 9:30 Aqua Yoga 10:00 Strength Class ~ VCR 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR 6:15 "Loss" Support Group Discussion ~ TCT</p> <p style="text-align: right;">17</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR</p> <p style="text-align: right;">18</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</p> <p style="text-align: right;">19</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 ~ Ftns</p> <p style="text-align: right;">20</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 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p style="text-align: right;">21</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</p> <p style="text-align: right;">22</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:15 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR</p> <p style="text-align: right;">23</p> <p style="text-align: center;">11:00-1:00 Village Hawaiian Luau</p>	<p>8:30 Water Aerobics 9:30 Aqua Yoga 10:00 Strength Class ~ VCR 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR 6:15 "Loss" Support Group Discussion ~ TCT</p> <p style="text-align: right;">24</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR</p> <p style="text-align: right;">25</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</p> <p style="text-align: right;">26</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 ~ Ftns</p> <p style="text-align: right;">27</p>	<p>8:00 Water Aerobics 8:00 Employee Orientation No BOSU 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 style="text-align: right;">28</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</p> <p style="text-align: right;">29</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program No BOSU Exercise ~ VCR 10:15 Chair Exercises ~ TCT No Fall Prevention Class ~ WR 11:00 Pool Circuit Class 1:00 Smart Phone & Tablet Class ~ TCR No Aerobics ~ VCR 3:00 Nerves structure & function lecture ~ TCT Theater</p> <p style="text-align: right;">30</p>	<p>8:30 Water Aerobics 9:30 Aqua Yoga 10:00 Strength Class ~ VCR 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR 6:15 "Loss" Support Group Discussion ~ TCT 8:00 Movie in the TCT Courtyard (I can only imagine)</p> <p style="text-align: right;">31</p>	