



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Vitality Center Hours Mon.—Friday 6:00 am—6:00 pm Sat. & Sun. 9:00 am—3:00pm</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 10:00 Strength Class ~ TCT 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR 3:30 Healthy Cooking w/ Shirley "Pumpkin Spice Granola" ~ VCR</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR</p>
<p>No Chair Yoga ~ VCR No Games for the Brain~ VCR 9-3:00 Private Party ~VCR</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit-VCR 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms 1:00 Tai Chi ~ VCR</p> <p>Holiday Bazaar 9-3:00 -TCT</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~VCR 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 1:00 TCV Choir Practice ~ VCR 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</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 3:00 VC Orientation ~ WR</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 10:00 Strength Class ~ TCT 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 1-6:00 Private Party ~ VCR No Wii Fit ~ VCR</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit-VCR 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms 1:00 Tai Chi ~ VCR</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 1:00 TCV Choir Practice ~ VCR 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p>	<p>8:00 Employee Orientation~VCR 8:30 Water Aerobics 9:30 Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit ~ FCR 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ TCT Parlor 2:00 Generations' Holiday Open House 3:00 VC Orientation ~ WR 5:30 Bunco Party ~ VCR</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR 5:30-7:00 TCV Annual Holiday Party</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 10:00 Strength Class ~ TCT 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR 6:00 Ugly Christmas Sweater and Holiday Game Night ~VCR</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR 2:15 Trivia Challenge ~ TCT</p>
<p>No Chair Yoga ~ VCR No Games for the Brain~ VCR 12-6:00 Private Party ~ VCR</p>	<p>8:30 Water Aerobics 9:30 Ai Chi~ Pool 9:30 Winnie's Sit & Be Fit-VCR 10:30 Arthritis Pool Program 11:00 Chair Yoga ~ VCR 1:00 Tai Chi ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms 2:30 Holiday Candy Making ~ VCR 5:30 Resident Holiday Potluck ~VCR</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 2:00 TCV Choir Concert ~ TCT 3:00 Aerobics ~ VCR 4:00 Photo Club ~ TCR 4:00 Advanced Line Dancing ~ VCR</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 3:00 VC Orientation ~ WR</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR</p> <p>Winter Begins</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 10:00 Strength Class ~ TCT 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR No Wii Fit ~ VCR 12:45 History Through Film This Month's Film: "Schindler's List" 2:00-5:00 Private Party ~ VCR</p> 
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR 3:00 Private Party ~ VCR</p> <p>Christmas Eve</p>	<p>8:30 Water Aerobics No Ai Chi ~ Pool 9:30 Winnie's Sit & Be Fit-VCR No Arthritis Pool Program 11:00 Chair Yoga ~ VCR</p> <p>Vitality Center Closing at Noon</p> <p>Christmas Day</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</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 3:00 VC Orientation ~ WR</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program 9:30 BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 10:00 Strength Class ~ TCT 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR</p>	<p>No Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR No Wii Fit ~ VCR</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</p> <p>New Year's Eve</p>	<p>31</p>	<p>26</p>	<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>