

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 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 3:00 Aerobics ~ VCR</p> <p>1</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool No Strength Class ~ VCR 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR 3:00 Healthy Cooking—Gluten Free Key Lime Pie ~ VCR</p> <p>2</p>	<p>9:30 Sit and Be Fit ~VCR No Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR</p> <p>3</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</p> <p>4</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>5</p>	<p>8:00 Water Aerobics 9:30 BOSU Exercise ~VCR 9:30 Arthritis Pool Program 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>6</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 4:00 ALF Open House</p> <p>7</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</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 3:00 Cooking w/ Shirley Homemade Bailey's Irish Creme ~VCR</p> <p>9</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR</p> <p>10</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR 5:00 String Connection Performance ~ Ftms Dining Room</p> <p>11</p> <p>Daylight Savings Time Begins</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>12</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>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 1-4:00 Pi(e) Day</p> <p>14</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 12-1:30 Village St. Patty's Celebration w/ Castletown Duo ~TCT 3:00 Aerobics ~ VCR</p> <p>15</p>	<p>8:30 Water Aerobics 9:30 Aqua Yoga 10:00 Strength Class ~ TCT 10:30 Arthritis Pool Program 1:00 Tai Chi~ VCR</p> <p>16</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR 2:15 Trivia Challenge ~ TCR 3:00 Bunco ~ VCR</p> <p>17</p> <p>ST. PATRICK'S DAY</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</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 ~ Ftns</p> <p>19</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>20</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 1:00 Strength & Stretch Circuit Class ~ Gym 3:00 VC Orientation ~ WR</p> <p>21</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>22</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 5:30 Wearing of the Green Social ~ VCR</p> <p>23</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR 2:30 Gentleman Scientist, Dr. Roy Torley: Presentation "The Northern Lights: Silk of the Gods" ~ TCT Theater</p> <p>24</p>
<p>No Chair Yoga ~ VCR No Games for the Brain~ VCR</p> <p>25</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool No Winnie's Sit & Be Fit-vcr No Strength & Stretch Circuit Class ~ Gym 10:30 Arthritis Pool Program No Chair Yoga ~ VCR 1:00 Tai Chi ~ VCR No Sit & Be Fit w/ Ron ~ Ftns</p> <p>26</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program No BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT No Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class No Aerobics ~ VCR 4:00 Quick Fix Tech Help ~ TCR 4:00 Advanced Line Dancing ~ VCR</p> <p>27</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool No Winnie's Sit & Be Fit ~ VCR 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 10:30 Arthritis Pool Program No Chair Yoga ~ VCR No Strength & Stretch Circuit Class ~ Gym 3:00 VC Orientation ~ WR</p> <p>28</p>	<p>8:00 Water Aerobics 9:30 Arthritis Pool Program No BOSU Exercise ~ VCR 10:00 Chair Exercises ~ TCT No Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 1:00 Earthtones ~ VCR No Aerobics ~ VCR</p> <p>29</p>	<p>8:30 Water Aerobics 9:30 Ai Chi ~ Pool 10:00 Strength Class ~ VCR 10:30 Arthritis Pool Program No 1:00 Tai Chi~ VCR 2:30 Seder ~ VCR</p> <p>30</p> <p>Good Friday</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: "Munich" TCT Theater</p> <p>31</p> <p>Stick With it Fitness Game Ends Passover</p>