



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>9:30 Winnie's Sit & Be Fit-VCR 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms 1:00 Tai Chi ~ VCR 4:15 CCC Course Oregon History~ VCR</p> <p>1</p>	<p>8:00 Express Water Aerobics 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 1:00 Low Vision Support Group ~TCT 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p>2</p>	<p>8:00 Employee Orientation ~vcr 9:30 Winnie's Sit & Be Fit ~ Ftms 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 11:00 Chair Yoga ~ TCT Parlor 3:00 VC Orientation ~ WR</p> <p>3</p>	<p>8:00 Express Water Aerobics 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 2:00 Chi Gong ~ VCR 3:00 Aerobics ~ VCR</p> <p>4</p>	<p>10:00 Strength Class ~ TCT 1:00 Tai Chi~ VCR</p> <p>5</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR</p> <p>6</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ vcr</p> <p>7</p>	<p>9:30 Winnie's Sit & Be Fit-VCR 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms 1:00 Tai Chi ~ VCR 4:15 CCC Course Oregon History~ VCR</p> <p>8</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Golf Putting 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 4:30-5:30 Village Mexican Fiesta</p> <p>9</p>	<p>9:30 Winnie's Sit & Be Fit ~ vcr 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 11:00 Chair Yoga ~ VCR 1:30 Resident Meeting ~ TCT 3:00 VC Orientation ~ WR</p> <p>10</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Making Doggie Treats ~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 Chi Gong ~ VCR 3:00 Aerobics ~ VCR</p> <p>11</p>	<p>10:00 Strength Class ~ TCT 1:00 Tai Chi~ VCR 3:30 Doggie Friendly Happy Hour ~VCR</p> <p>12</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR</p> <p>13</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ vcr</p> <p>14</p> <p><i>Mother's Day</i></p>	<p>9:30 Winnie's Sit & Be Fit-VCR 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms 1:00 Tai Chi ~ VCR 4:15 CCC Course Oregon History~ VCR</p> <p>15</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Golf Putting 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 1:00 Village Choir Practice ~ VCR 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p>16</p>	<p>9:30 Winnie's Sit & Be Fit ~ vcr 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 11:00 Chair Yoga ~ VCR 3:00 VC Orientation ~ WR</p> <p>17</p>	<p>8:00 Express Water Aerobics 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 1:30 Village Remembrance Service~VCR 2:00 Chi Gong ~ VCR 3:00 Aerobics ~ VCR</p> <p>18</p>	<p>10:00 Strength Class ~ TCT 1:00 Tai Chi~ VCR</p> <p>19</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR</p> <p>20</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ vcr 4:00 No Bake Energy Bars with Dain ~VCR</p> <p>21</p>	<p>No Winnie's Sit & Be Fit No Chair Yoga ~VCR 10:00 Mindfulness Meditation~TCT 1:30 Sit & Be Fit w/ Ron ~ Ftms 1:00 Tai Chi ~ VCR 4:15 CCC Course Oregon History~ VCR</p> <p>22</p> <p>9-12:00 Senior Fitness Testing ~ VCR (sign-up at the Vitality Center)</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Golf Putting 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 1:00 Village Choir Practice ~ VCR 2:00 Essential Oils ~TCT Parlor 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p>23</p>	<p>9:30 Winnie's Sit & Be Fit ~ vcr 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT No Chair Yoga Today ~ VCR 2:00 Music Memories & Wisdom ~ VCR 3:00 VC Orientation ~ WR</p> <p>24</p> <p>Vitality Week Mon 22nd-Fri 26th</p>	<p>8:00 Express Water Aerobics 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 2:00 Chi Gong ~ VCR 3:00 Aerobics ~ VCR 1:00 Therapy Bunnies ~ Ftms 2nd Floor</p> <p>25</p>	<p>10:00 Strength Class ~ TCT 1:00 Tai Chi ~ VCR 2:30 TriMet informational mtg ~TCT</p> <p>26</p>	<p>9:30 Sit and Be Fit ~ VCR 10:15 Flexibility Class ~ VCR No Wii Fit Today 12:45 History Through Film</p> <p>27</p> <p>This Month's Film: "All the President's Men"</p> 
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ vcr</p> <p>28</p>	<p>9:30 Winnie's Sit & Be Fit-VCR 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftms 1:00 Tai Chi ~ VCR 4:15 CCC Course Oregon History~ VCR</p> <p>29</p> <p>Vitality Center Hours 6:00-2:00</p> <p>Memorial Day</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Golf Putting 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR 11:00 Pool Circuit Class 1:00 Village Choir Practice ~ VCR 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p>30</p>	<p>9:30 Winnie's Sit & Be Fit ~vcr 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT 11:00 Chair Yoga ~ VCR 3:00 VC Orientation ~ WR</p> <p>31</p>		<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 TCT – Terrace 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>