



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 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>			<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 style="text-align: right;">1</p>	<p>10:00 Strength Class ~ TCT 1:00 Tai Chi~ VCR</p> <p style="text-align: right;">2</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR</p> <p style="text-align: right;">3</p>
<p>9:30 Chair Yoga ~ VCR 1:30 Games for the Brain~ VCR</p> <p style="text-align: right;">4</p>	<p>9:30 Winnie’s Sit & Be Fit~VCR 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftns 1:00 Tai Chi ~ VCR 4:15 CCC Course Oregon History~ VCR</p> <p style="text-align: right;">5</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Golf Putting ~TCT 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 style="text-align: right;">6</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 style="text-align: right;">7</p> <p>Donut Day</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 2:30 Exploring Your Faith~TCR 3:00 Aerobics ~ VCR</p> <p style="text-align: right;">8</p>	<p>10:00 Strength Class ~ TCT 11:00 Iced Tea Social~Club Rm 1:00 Tai Chi~ VCR</p> <p style="text-align: right;">9</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR 1:00 Trivia Challenge ~VCR</p> <p style="text-align: right;">10</p>
<p>9:30 Chair Yoga ~ VCR 1:00 Walking Club ` Happy Valley Park 1:30 Games for the Brain~ VCR 4:00 Learn to Make a Health Avocado Pasta Dish w/ Dain ~VCR</p> <p style="text-align: right;">11</p>	<p>9:30 Winnie’s Sit & Be Fit~VCR 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftns 1:00 Tai Chi ~ VCR</p> <p style="text-align: right;">12</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Golf Putting ~TCT 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 style="text-align: right;">13</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 style="text-align: right;">14</p> <p>Flag Day</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 style="text-align: right;">15</p>	<p>10:00 Strength Class ~ TCT 1:00 Tai Chi~ VCR</p> <p style="text-align: right;">16</p>	<p>9:30 Sit and Be Fit ~VCR 10:15 Flexibility Class ~ VCR 11:00 Wii Fit ~ VCR</p> <p style="text-align: right;">17</p>
<p>No Chair Yoga ~ VCR No Games for the Brain~ VCR 11:00 Father’ Day BBQ</p> <p style="text-align: right;">18</p> <p><i>Father’s Day</i></p>	<p>9:30 Winnie’s Sit & Be Fit 11:00 Chair Yoga ~VCR 1:30 Sit & Be Fit w/ Ron ~ Ftns 1:00 Tai Chi ~ VCR</p> <p style="text-align: right;">19</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Golf Putting~TCT 10:00 Chair Exercises ~ TCT 10:00 Fall Prevention Class ~ WR 11:00 Pool Circuit Class 1:00 Village Choir Practice ~ VCR 3:00 Aerobics ~ VCR 4:00 Advanced Line Dancing ~ VCR</p> <p style="text-align: right;">20</p>	<p>8:00 Employee Orientation~VCR No Winnie’s Sit & Be Fit ~ VCR 10:00 Strength Class ~ TCT 10:00 Lawn Bowling ~ TCT No Chair Yoga Today ~ VCR No VC Orientation ~ WR</p> <p style="text-align: right;">21</p> <p>First Day of Summer</p>	<p>8:00 Express Water Aerobics No Arthritis Pool Program 10:00 Chair Exercises ~ TCT No Fall Prevention Class ~ WR 10:30 Zumba Gold DVD ~ VCR No Pool Circuit Class 2:00 Chi Gong ~ VCR 2:30 Exploring Your Faith~TCR No Aerobics ~ VCR</p> <p style="text-align: right;">22</p>	<p>10:00 Strength Class ~ TCT 1:00 Tai Chi ~ VCR</p> <p style="text-align: right;">23</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 style="text-align: right;">24</p> <p style="text-align: center;">This Month’s Film: “Bridge of Spies”</p> 
<p>No Chair Yoga ~ VCR No Games for the Brain~ VCR</p> <p style="text-align: right;">25</p>	<p>9:30 Winnie’s Sit & Be Fit~VCR 11:00 Chair Yoga ~ VCR 1:30 Sit & Be Fit w/ Ron ~ Ftns 1:00 Tai Chi ~ VCR</p> <p style="text-align: right;">26</p>	<p>8:00 Express Water Aerobics 9:30 Arthritis Pool Program 9:30 Golf Putting ~TCT 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 style="text-align: right;">27</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 style="text-align: right;">28</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 style="text-align: right;">29</p> <p>2-3:30 Whose Line is it anyway?</p>	<p>10:00 Strength Class ~ TCT 1:00 Tai Chi ~ VCR</p> <p style="text-align: right;">30</p>	