Courtyard at Mt Tabor
Independent Living • Assisted Living • Memory Care

Vibrant life
BE VIBRANT. BE YOU.

May 2017
Be Well

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 OPEN GYM 9:30 Aqua Exercise [BT] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 12:00 Intermediate Tai Chi Class $ [CR] 2:30 Custom Exercise Workouts [WC]	**2** OPEN GYM 9:30 Blood Pressure Check [TC] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC] 2:30 Beginning Tai Chi Class $ [CR]	**3** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC]	**4** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC]	**5** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 1:00 Intermediate Tai Chi Class $ [CR] 2:05 Beginning Tai Chi Class $ [CR]	**6** OPEN GYM
7 OPEN GYM	**8** OPEN GYM 9:30 NO Aqua Exercise [BT] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 12:00 Intermediate Tai Chi Class $ [CR] 2:30 Custom Exercise Workouts [WC]	**9** OPEN GYM 9:30 Blood Pressure Check [TC] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC] 2:30 Beginning Tai Chi Class $ [CR]	**10** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC]	**11** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC]	**12** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 1:00 Intermediate Tai Chi Class $ [CR] 2:05 Beginning Tai Chi Class $ [CR]	**13** OPEN GYM
14 OPEN GYM Mother's Day	**15** OPEN GYM 9:30 NO Aqua Exercise [BT] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 12:00 Intermediate Tai Chi Class $ [CR] 2:30 Custom Exercise Workouts [WC]	**16** OPEN GYM 9:30 Blood Pressure Check [TC] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC] 2:30 Beginning Tai Chi Class $ [CR]	**17** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC]	**18** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC]	**19** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 1:00 Intermediate Tai Chi Class $ [CR] 2:05 Beginning Tai Chi Class $ [CR]	**20** OPEN GYM
21 OPEN GYM	**22** OPEN GYM 9:30 NO Aqua Exercise [BT] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 12:00 Intermediate Tai Chi Class $ [CR] 2:30 Custom Exercise Workouts [WC]	**23** OPEN GYM 9:30 Blood Pressure Check [TC] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC] 2:30 Beginning Tai Chi Class $ [CR]	**24** OPEN GYM 10:00 Stretch & Strength Exercise Class [MH] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [MH] 2:00 Custom Exercise Workouts [WC]	**25** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC]	**26** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 1:00 Intermediate Tai Chi Class $ [CR] 2:05 Beginning Tai Chi Class $ [CR]	**27** OPEN GYM
28 OPEN GYM	**29** OPEN GYM Memorial Day	**30** OPEN GYM 9:30 Blood Pressure Check [TC] 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC] 2:30 Beginning Tai Chi Class $ [CR]	**31** OPEN GYM 10:00 Stretch & Strength Exercise Class [CR] 10:30 Post-Rehab Therapy & Perfect Balance [WC] 11:00 Stretch & Strength Exercise Class [CR] 2:00 Custom Exercise Workouts [WC]			

Be Well

Location Keys

Bus Trip	BT
Community Room	CR
Mt Hood Lobby	MH
Theatre/Chapel	TC
Wellness Center	WC