

Living Well in Paradise

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The Longest Day

The Paradise Valley Estates Nustepers will once again be participating in this important event to raise funds and awareness for the Alzheimer's Association

Wednesday, June 21, 2017

7am-7pm in the Powerhouse.

Sign-in sheets will be located in the Powerhouse.

Feel free to drop off your check made out to the Alzheimer's Association at either the Community Center front desk or the drop box located in the Powerhouse.

Our goal is to once again be the Top Fundraiser in this national event. Thank you in advance for your support.

Your PVE Fitness Team.

Paradise Pedalers

PVE Cyclists, the next rides are set for Fridays, June 9th and June 23rd, at the Powerhouse. The rides are planned for an hour. All cyclists are welcome, including those riding recumbent bikes.

Grand Slam Tennis Clinic

The next Grand Slam Tennis Clinic will be held on **Saturday, June 10th, at 9:00am.**

June 2017

Fitness and Living Well
Manager - Jan Olson, B.S., M.S.
Fitness Specialists:

Gloria Ostrum

Stephanie Krum

Karen Nelson

Michael Friedman, USPTA

Ramona Young-Grindle

Linda Jaffe

Christina Persinger

Lori Drew

Amy Thorstad

Andre Davis



Fitness and Living Well Mission Statement

We are committed to improving the quality of life of our residents. Paradise Valley Estates employs professionals, and uses resources and programs that meet individual needs to live abundantly. We promote functional fitness, nurturing wellness of our residents through fitness training and equipment while having fun. We strive to reach each person at PVE.

We are changing each person's life by encouraging everyone to live actively within all dimensions of wellness: physical, spiritual, emotional, vocational, social, intellectual and environmental.



Class Location Legend:

- AR Activities Room
- Community Center
- LA&CR Large Arts and Crafts Room
- QCMPR Quail Creek
- Multi-Purpose Room
- PL Pool
- PH Power House
- LCHC Laurel Creek
- Health Center
- FC Fitness Center
- Recreation Center



Sunday	Monday	Tuesday
4	8:05am Fitness Training AR 9:00am Aerobics AR 9:00am Team Tennis 9:30am Stret. & Tone QCMPR 10:00am Head 2 Toe LA&CR 10:00am Tai Chi AR 10:15am H2O Aer. Pool 11:15am Water Arthritis Pool 11:15am SYC AR 1:00pm NeuroFit AR 2:00pm Beg. TCMFBB AR 2:00pm PH Specialty Class	5
		6
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Wednesday	Thursday	Friday	Saturday
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SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

Solution

6	4	7	9	1	5	2	3	8
5	9	2	4	8	9	7	6	3
1	8	7	4	9	3	6	5	2
9	3	8	1	2	5	7	6	4
7	5	1	6	3	4	2	8	9
4	2	9	8	7	6	5	1	3
3	7	4	9	8	6	1	2	5
8	6	9	5	1	2	3	4	7
2	1	5	3	4	7	8	9	6

2			3				9	
	6			1		3		
3		4	9					5
4	2			7		5		
		1	6			2		
		8		2			6	4
1	8				3	6		2
		2		6			3	
	4				1			8