

Living Well in Paradise

2600 Estates Dr. • Fairfield, CA 94533 • (707) 432-1105 • janeto@pvestates.com

Chair Yoga

Join us for Chair Yoga with Amy on **Tuesdays and Thursdays at 1:00pm** in the activity room. Come stretch with us.

Spring Into Water Walking

Join our new class with Christina on **Tuesdays at 1:15pm** at our pool.

Tai Chi Moving for Better Balance

The Fitness team will host a new class, TCMFBB, on **Friday, April 7th, at 1:00pm** with Stephanie. This class is for graduates of the TCMFBB. The beginning TCMFBB with Amy is **Mondays at 2:00pm** in the activity room.



Western Line Dancing Day

Western Day will be **Wednesday, April 5th, at 10:00am**. Wear your best western gear. See you in the activity room at 10:00am.

Grand Slam Tennis Clinic

The next Grand Slam Tennis Clinic will be held on **Saturday, April 8th, at 9:00am**. All levels of play are welcome; all new residents are invited.

Paradise Pedalers

PVE cyclists, the next rides are set for **Fridays, April 14th, and April 28th**, at the Powerhouse. The rides are planned for an hour. All cyclists are welcome, including those riding recumbent bikes.

April 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
2	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	3
		4
9	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	10
		11
16		17
		18
23/30	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	24
		25

Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:00am Drop-in Tennis</p>
<p>5</p> <p>8:00am Pickleball 8:05am Fitness Training AR 9:00am Tai Chi AR 9:30am Stret. & Tone QCMPR 10:00am Line Dancing AR 10:00am H2O Aer. Pool 11:00am Be Fit LCHC 11:15am SYC AR 1:00pm Neurofit AR</p>	<p>6</p> <p>8:05am Fitness Training AR 9:00am Aerobics AR 9:15am Exerstriding FC 10:00am Yoga AR 10:15am Water Volleyball 11:00am Beg. Tai Chi AR 11:15am Water Arthritis Pool 1:00pm Chair Yoga AR 2:00pm Lap Swim 2:00pm PH Specialty Class</p>	<p>7</p> <p>8:00am Circuit Training AR 9:00am Tai Chi AR 9:30am Stret. & Tone QCMPR 10:00am Head 2 Toe AR 10:15am H2O Aer. Pool 11:15am SYC AR 1:00pm TCMFBB AR</p>	<p>8</p> <p>9:00am Drop-in Tennis 9:00am Grand Slam Tennis Clinic</p>
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<p>19</p> <p>8:00am Pickleball 8:05am Fitness Training AR 9:00am Tai Chi AR 9:30am Stret. & Tone QCMPR 10:00am Line Dancing AR 10:00am H2O Aer. Pool 11:00am Be Fit LCHC 11:15am SYC AR 1:00pm Neurofit AR</p>	<p>20</p> <p>8:05am Fitness Training AR 9:00am Aerobics AR 9:15am Exerstriding FC 10:00am Yoga AR 10:15am Water Volleyball 11:00am Beg. Tai Chi AR 11:15am Water Arthritis Pool 1:00pm Chair Yoga AR 2:00pm Lap Swim 2:00pm PH Specialty Class</p>	<p>21</p> <p>8:00am Circuit Training AR 9:00am Tai Chi AR 9:30am Stret. & Tone QCMPR 10:00am Head 2 Toe AR 10:15am H2O Aer. Pool 11:15am SYC AR 1:00pm TCMFBB AR</p>	<p>22</p> <p>9:00am Drop-in Tennis</p>
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wishing you a happy
EASTER

"This Month In History"

APRIL

1789: George Washington is inaugurated as the first president of the United States.

1792: Congress establishes the first U.S. Mint. It is in Philadelphia, which was the nation's capital at the time.

1805: Author Hans Christian Andersen is born in Denmark. He wrote more than 150 fairy tales for children, including the classics "The Little Mermaid" and "The Ugly Duckling."

1817: Thomas H. Gallaudet and Laurent Clerc establish the first American school for the deaf.

1822: Landscape architect Frederick Law Olmsted is born. He helped design some of the most famous parks in America, including Central Park in New York City.

1925: "The Great Gatsby" by F. Scott Fitzgerald is published.

1949: The Richard Rodgers and Oscar Hammerstein musical "South Pacific" opens on Broadway.

1970: Earth Day is observed for the first time.

1974: Hank Aaron hits his 715th home run, passing Babe Ruth as the all-time home run leader.

1976: Steve Jobs and Steve Wozniak form Apple Computer Inc.

1981: The first space shuttle, Columbia, is launched from Kennedy Space Center in Florida.

1990: The sketch comedy series "In Living Color" premieres on television. It is credited with helping to launch the careers of several Hollywood stars, including Jennifer Lopez, Jim Carrey and Jamie Foxx.