

Living Well in Paradise

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July 4th Holiday

All Fitness Classes and Personal Training sessions will be cancelled on **Tuesday, July 4th** due to the holiday. The fitness department will have a modified fitness schedule on **Monday, July 3rd**. Please see the calendar for the modified class schedule.

Grand Slam Tennis Clinic

The next Grand Slam Tennis Clinic will be held on **Saturday, July 8th, at 9:00am**.



Paradise Pedalers

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



July 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	Modified Fitness Schedule	3
	8:05am Fitness Training AR 9:00am Aerobics AR 11:15am SYC AR 2:00pm PH Specialty Class	
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 2:00pm PH Specialty Class	10
		8:05am Fitness Training AR 9:00am Pickleball/ Aerobics 10:00am Yoga AR 10:15am Water Volleyball 11:00am BOSU Training AR 11:00am Conductorise LCHC 1:30pm Chair Yoga AR 1:15pm Water Walking Pool 2:00pm PH Specialty Class 2:15pm Lap Swim Pool 3:00pm G. Relax AR
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		25

Wednesday	Thursday	Friday	Saturday
			<p>1</p> <p>9:00am Drop-in Tennis</p>
<p>5</p> <p>8:00am Pickleball 8:05am Circuit 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 Mat Pilates 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 1:30pm Chair Yoga AR 2:15pm Lap Swim Pool 2:00pm PH Speciality Class</p>	<p>7</p> <p>8:05am 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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"This Month In History"

JULY

1776: In Philadelphia, the first public reading of the Declaration of Independence takes place outside the Pennsylvania State House.

1802: The nation's first military school, the U.S. Military Academy, opens in West Point, N.Y.

1923: Created as an ad for real estate, the Hollywood sign is dedicated in the hills above Los Angeles. It originally read

"Hollywoodland," but the last four letters were removed in 1949.

1930: Construction begins on Hoover Dam, on the Arizona-Nevada border.

1939: Calling himself "the luckiest man on the face of the Earth," longtime New York Yankees first baseman Lou Gehrig bids farewell to fans in a ceremony at Yankee Stadium.

1946: At a Paris fashion show, a daring two-piece swimsuit called a bikini debuts.

1952: Puerto Rico becomes a U.S. commonwealth.

1962: Sam Walton opens the first Wal-Mart store in Rogers, Ark.

1977: At a White House ceremony, the Presidential Medal of Freedom, the nation's highest civilian honor, is awarded posthumously to Martin Luther King Jr.

1986: A four-day celebration in New York City marks the Statue of Liberty's centennial.

1996: Atlanta hosts the Summer Olympic Games.

2005: Soap opera actress Kelly Monaco wins the finale of "Dancing With the Stars." It was the first season of the TV dance competition.

2013: Prince George of Cambridge is born in London, becoming third in line to the British throne.