


<p><b>Vitality Theme: Food as Fuel</b></p> <p>"Food is not just fuel. Food is about family, food is about community, food is about identity. And we nourish all those things when we eat well." - Michael Pollan</p> <p>"Food may be essential as fuel for the body, but good food is fuel for the soul." -Malcolm Forbes</p>	<p><b>Birthdays!</b></p>			<p><b>Location Guide</b></p>		
	7th Nancy Crowe 8th Shirley Stenvall 9th Betty Culbertson 10th Wayne Peterson 10th Jan Tyler 13th Fran Millstefr	13th Betty Fletcher 13th Clarence Strabel 14th Clarette Clements 15th Anna Hawk 16th Doris Keatts 17th Gary Smith	22nd Joseph Phillips 22nd Ruth Stebbins 24th Dorothy Polk 27th Gordon Taylor 29th Elsie Flemmer 29th Erma Pritcher			
	W - West Entrance CH - Chapel R - Restaurant VC - Vitality Center GC - Golf Course E - East Entrance BC -Business Center LIB -Library 2L -2nd Floor Lobby				BS-Beauty Salon 2E-2nd Floor East Wing COM -Community Room RR - Red Rooster GAM -Game Room TH -Movie Theater CON -Conference Room P-Patio TBD-To Be Determined	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wellness Types	Medical Transport	Vitality Center	Red Rooster	1	2	3
Physical	Medical Transport Mondays 1:00 pm-5:00pm Tuesdays 9:00 am-5:00pm Thursdays 9:00 am-5:00pm	Open 5:00-9:00 Pool Open 5:00-7:00  <b>YMCA Classes</b> Monday, Wednesday, Friday at 11:15 Balance & Strength Tuesday & Thursday at 8:00 Stretch & Flex Tuesday & Thursday at 11:15 Maintain Your Health	Open 12:00-3:00 Sandwiches, Soups, and Sweets  Ice Cream Flavor of the Month Caramel Butter Pecan  	9:30 Monthly Packets (2L) 10:00 Skip-Bo (GAM) 10:00 Hangman (2L)* 1:00 Pinochle (GAM) 1:00 Making Ice Cream(2L)* 2:00 Cornhole 2L 2:00 Domino Games (GAM) 3:00 Ceramics Painting (2L)* <b>4:45 Dinner Dash: El Mercado</b> 6:00 Rummikub	9:00 Safeway/ BiMart (W) <b>9:30-11:00 Sound Aud.(GAM)</b> 10:00 Exercise 2L 10:30 Shoulder Massages 2L 1:00 Apple Play Dough (2L)* <b>2:00 Birthday Party*</b> 3:00 1-on-1 Visits* 6:30 Vespers (CH)	<b>9:30 Transportation: Fair Parade</b> 11:00 Village Church (TH) 1:00 1 on 1 Appointments * Nail Care, Painting, Walks, Technology help,chat & more Sign up on 2L 1:30 UNO (GAM) 2:00 Domino Games (GAM)
Social	<b>Shopping</b> Mondays 9:00 Walmart & Andy's Fridays 9:00 Bi-Mart & Safeway Super 1 & Grocery Outlet	4	5	6	7	8
Spiritual	9:30 Walla Walla Presbyterian Call 525-1093 to Schedule Pick-up	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W)	8:00 Under the Sea 2L 10:00 Exercise Class 2L 10:30 Walks with Vitality 2L*	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 10:00 Presbyterian Worship (CH) 10:00 Hangman (2L)* 1:00 Pinochle (GAM) 1:00 1-on-1 Visits* 2:00 Cornhole 2L 2:00 Domino Games (GAM) 3:00 Adult Coloring (2L)* 6:00 Rummikub	8:00 Men's Breakfast (COM) 9:00 Safeway/ Bi-Mart (W) 10:00 Exercise Class 2L 10:30 Shoulder Massages 2L 1:00 Apple Pie Potpourri* 2:00 Wii Bowling 2L 3:00 1-on-1 Visits* <b>6:00 Wheelin' Walla Walla Friday Cruise travel to Howard Street</b> 6:30 Vespers (CH)	9
Intellectual	10:00 Candy Bingo (COM) 10:00 Chair Stretch with Grace* 10:30 Catholic Service (CH) 11:30 Wii Bowling 2L 1:00 Craft (2L)* 3:00 Two Bit Bingo (CON) 3:00 Apple Juice & Chat* 4:00 Weekly Packets	10:00 Exercise Class 2L 10:30 Hand Massages * 2L 1:00-4:00 Craft & Chat (COM) 1:00 1-on-1 Visits* 1:00 Bible Class (CH): 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Acrylic Painting * (2L)	10:00 Coffee & Chat * ( 2L ) 11:00 Tid Bits Tuesday * 2L 1:00 Pinochle (GAM) 1:00 1-on-1 Visits* 2:00 Domino Games (GAM) 2:30 Fancy Nails * 4:00 Activity Packets (2L)	10:00 Under the Sea 2L 10:30 Walks with Vitality 2L* 11:00 Scenic Drive W 1:00 Water Coloring 2L * 2:00 Wii Bowling 2L 2:00 Cooking * 3:00 Candy BINGO (COM) 3:00 Hand Massages 2L *	10:00 Skip-Bo (GAM) 10:00 Presbyterian Worship (CH) 10:00 Hangman (2L)* 1:00 Pinochle (GAM) 1:00 1-on-1 Visits* 2:00 Cornhole 2L 2:00 Domino Games (GAM) 3:00 Adult Coloring (2L)* 6:00 Rummikub	10
Environmental	9:30 Walla Walla Presbyterian Call 525-1093 to Schedule Pick-up	8:00 YMCA Stretch & Flex (VC) 8:00 Under the Sea 2L	8:00 Under the Sea 2L 10:00 Exercise Class 2L 10:30 Flower Arranging (CON) Sign up on 3rd floor \$5.00 Fee	8:00 YMCA Stretch & Flex (VC) 8:00-12:00 COVIV Booster (CON) 10:00 Skip-Bo (GAM) 10:00 Hangman (2L)*	9:00 Super 1/Grocery Outlet (W) <b>9:30-11:00 WW Aud. (GAM)</b> 10:00 Exercise Class 2L 10:30 Shoulder Massages 2L	11
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
9:30 Walla Walla Presbyterian Call 525-1093 to Schedule Pick-up	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W)	8:00 YMCA Stretch & Flex (VC) 8:00 Under the Sea 2L	8:00 Under the Sea 2L 10:00 Exercise Class 2L	8:00 YMCA Stretch & Flex (VC) 8:00-12:00 COVIV Booster (CON) 10:00 Skip-Bo (GAM) 10:00 Hangman (2L)*	9:00 Super 1/Grocery Outlet (W) <b>9:30-11:00 WW Aud. (GAM)</b> 10:00 Exercise Class 2L 10:30 Shoulder Massages 2L	10:00 Chair Stretch with Grace 11:00 Village Church (TH) 1:00 1 on 1 Appointments * Nail Care, Painting, Walks,

10:30 Catholic Service (CH)	1:00-4:00 Mending (COM)	12:00 Pianist Carolyn	10:30 Walks with Vitality 2L*	11:00 Episcopal Service (CH)	10:30 Trip to VFW	Technology help,chat & more
11:30 Wii Bowling 2L	1:00 1-on-1 Visits*	1:00 Pinochle (GAM)	11:00 Scenic Drive W	1:00 Pinochle (GAM)	Speaker Robert Certain	Sign up on 2L
1:00 Craft (2L)*	1:00 Bible Class (CH):	1:00 1-on-1 Visits*	1:00 Water Coloring 2L *	1:00 1-on-1 Visits*	1:00 Apple Book Décor*	1:30 UNO (GAM)
3:00 Two Bit Bingo (CON)	1:30 Bridge (GAM)	2:00 Domino Games (GAM)	2:00 Wii Bowling 2L	2:00 Cornhole 2L	2:00 Veterans Social	2:00 Domino Games (GAM)
3:00 Apple Juice & Chat*	3:00 Two Bit Bingo (CON)	2:30 Fancy Nails *	2:00 Cooking *	2:00 Domino Games (GAM)	2:00 Wii Bowling 2L	
4:00 Weekly Packets	3:00 Acrylic Painting * (2L)	4:00 Activity Packets (2L)	3:00 Candy BINGO (COM)	2:30 Singer Rick Doyle	3:00 1-on-1 Visits*	
			3:00 Hand Massages 2L *	3:00 Ceramics Painting (2L)*	3:00 Two Bit Bingo (CON)	
			4:00 Happy Hour (RR)	6:00 Rummikub	6:30 Vespers (CH)	
18	19	20	21	22	23	24
9:30 Walla Walla Presbyterian Call 525-1093 to Schedule Pick-up	8:30 Coffee & Donuts (COM)	8:00 YMCA Stretch & Flex (VC)	10:00 Exercise Class 2L	8:00 YMCA Stretch & Flex (VC)	9:00 Safeway/ Bi-Mart (W)	10:00 Chair Stretch with Grace
10:00 Candy Bingo (COM)	9:00 Walmart / Andy's (W)	8:00 Under the Sea 2L	10:30 Walks with Vitality 2L	10:00 Skip-Bo (GAM)	9:45-4:45 Hanford Reactor Trip	11:00 Village Church (TH)
10:00 Chair Stretch with Grace*	10:00 Exercise Class 2L	10:00 Coffee & Chat * ( 2L )	11:00 Glasses Cleaning (GAM)	10:00 Hangman (2L)*	Packed Lunch Provided	1:00 1 on 1 Appointments *
10:30 Catholic Service (CH)	10:30 Hand Massages * 2L	11:00 Tid Bits Tuesday * 2L	11:00 Scenic Drive W	1:00 Pinochle (GAM)	10:00 Exercise Class 2L	Nail Care, Painting, Walks,
11:30 Wii Bowling 2L	1:00-4:00 Craft & Chat (COM)	1:00 Pinochle (GAM)	1:00 Water Coloring 2L *	1:00 1-on-1 Visits*	10:30 Shoulder Massages 2L	Technology help,chat & more
1:00 Craft (2L)*	1:00 1-on-1 Visits*	1:00 1-on-1 Visits*	2:00 Wii Bowling 2L	2:00 Cornhole 2L	1:00 Apple Craft *	Sign up on 2L
2:00-4:00 Furniture Sale (Little B G)	1:00 Bible Class (CH):	2:00 Domino Games (GAM)	2:00 Resident Social * (RR)	2:00 Domino Games (GAM)	2:00 Wii Bowling 2L	1:30 UNO (GAM)
3:00 Two Bit Bingo (CON)	1:30 Bridge (GAM)	2:30 Fancy Nails *	3:00 Candy BINGO (COM)	3:00 Adult Coloring (2L)*	3:00 Two Bit Bingo (CON)	2:00 Domino Games (GAM)
3:00 Apple Juice & Chat*	3:00 Two Bit Bingo (CON)	3:00 Tom's Town Hall (CON)	3:00 Hand Massages 2L *	6:00 Rummikub	3:00 1-on-1 Visits*	
4:00 Weekly Packets	3:00 Acrylic Painting * (2L)	4:00 Activity Packets (2L)		6:30-8:00 Loveit or Leave it (CON)	4:30 Wolf Creek Band (R)	
					6:30 Vespers (CH)	
25	26	27	28	29	30	
9:30 Walla Walla Presbyterian Call 525-1093 to Schedule Pick-up	8:30 Coffee & Donuts (COM)	8:00 YMCA Stretch & Flex (VC)	8:00 Under the Sea 2L	8:00 YMCA Stretch & Flex (VC)	9:00 Super1/Grocery Outlet (W)	 <p>1500 Catherine Street Walla Walla, WA 99362 LIC# 1640</p>
10:00 Candy Bingo (COM)	9:00 Walmart / Andy's (W)	8:00 Under the Sea 2L	10:00 Exercise Class 2L	10:00 Skip-Bo (GAM)	10:00 Exercise Class 2L	
10:00 Chair Stretch with Grace*	10:00 Exercise Class 2L	10:00 Coffee & Chat * ( 2L )	10:30 Walks with Vitality 2L*	10:00 Hangman (2L)*	10:30 Shoulder Massages 2L	
10:30 Catholic Service (CH)	10:30 Hand Massages * 2L	10:30 Book Club (COM)	11:00 Scenic Drive W	1:00 Pinochle (GAM)	1:00 Apple Terra Cotta*	
11:30 Wii Bowling 2L	1:00-4:00 Craft & Chat (COM)	11:00 Tid Bits Tuesday * 2L	1:00 Water Coloring 2L *	2:00 Cornhole 2L	2:00 Wii Bowling 2L	
1:00 Craft (2L)*	1:00 1-on-1 Visits*	1:00 Pinochle (GAM)	2:00 Wii Bowling 2L	2:00 Domino Games (GAM)	3:00 1-on-1 Visits*	
3:00 Two Bit Bingo (CON)	1:00 Bible Class (CH):	2:00 Domino Games (GAM)	3:00 Candy BINGO (COM)	2:30 Afternoon Fall Tea *	3:00 Two Bit Bingo (CON)	
3:00 Apple Juice & Chat*	3:00 Two Bit Bingo (CON)	2:30 Fancy Nails *	3:00 Hand Massages 2L *	Sadie Hawkins Style	6:30 Vespers (CH)	
4:00 Weekly Packets	3:00 Acrylic Painting * (2L)	4:00 Activity Packets (2L)	4:45 Dinner Dash:	6:00 Rummikub		
			Pasta Factory			