


Vitality Theme: Food as Fuel	Birthdays!			Location Guide	
<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>7th Nancy Crowe 8th Shirley Stenvall 9th Betty Culbertson 10th Wayne Peterson 10th Jan Tyler 13th Fran Millstefr</p>	<p>13th Betty Fletcher 13th Clarence Strabel 14th Clarette Clements 15th Anna Hawk 16th Doris Keatts 17th Gary Smith</p>	<p>22nd Joseph Phillips 22nd Ruth Stebbins 24th Dorothy Polk 27th Gordon Taylor 29th Elsie Flemmer 29th Erma Pritcher</p>	<p>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</p>	<p>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</p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wellness Types	Transportation	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	Open 12:00-3:00 Sandwiches, Soups, and Sweets	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 11:15 YMCA Class (VC) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Blue Zone Cooking Class Appetizer (COM) 4:45 Dinner Dash: El Mercado 6:00 Rummikub (3L)	9:00 Safeway/Grocery Outlet (W) 9:30-11:00 Sound Audiology (GAM) 10:00 Tai Chi: Intro to 24 forms (VC) 11:15 YMCA Class (VC) 1:30 Bridge (GAM) 2:00 Birthday Party (CON) 6:30 Vespers (CH)	9:30 Transportation: Fair Parade 11:00 Village Church (TH) 1:30 UNO (Gam) 2:00 Domino Games (GAM) 6:00 Table Games (3L)
Social	Shopping Mondays 9:00 Walmart & Andy's Fridays 9:00 Bi-Mart & Safeway Super 1 & Grocery Outlet	YMCA Classes Monday, Wednesday, Friday at 11:15 Balance & Strength Tuesday & Thursday at 8:00 Stretch & Flex Tuesday & Thursday at 11:15 Maintain Your Health	Ice Cream Flavor of the Month Caramel Butter Pecan			
Spiritual						
Intellectual						
Environmental						
4	5	6	7	8	9	10
9:30 Walla Walla Presbyterian Call 525-1093 to Schedule Pick-up 10:00 Candy Bingo (COM) 10:30 Catholic Service (CH) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 & 3:00 (TH) Discover Documentaries 11:15 YMCA Class (VC) 1:00 Bible Class (CH): 1:30 Bridge (GAM) 1:00-4:00 Craft & Chat (COM) 3:00 Two Bit Bingo (CON)	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 10:00 & 3:00 (TH) Discover Documentaries 11:15 YMCA Class (VC) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM)	8:30 Senior Living Outing (W) Veterans Memorial Golf Course Driving Range \$10 Buckets 11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM) 3:00 Candy BINGO (COM)	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 10:00 Presbyterian Worship (CH) 11:15 YMCA Class (VC) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Blue Zone Cooking Class Entrée (COM) 6:00 Rummikub (3L)	8:00 Men's Breakfast (COM) 9:00 Bi-Mart / Super 1 (W) 10:00 Tai Chi: Intro to 2 forms (VC) 11:15 YMCA Class (VC) 11:45 Lunch Bunch: Red Monkey 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 6:00 Wheelin' Walla Walla: Friday Cruise Sit out on Howard Street and watch the car parade 6:30 Vespers (CH)	9:30-11:30 Transportation: Wheelin' Walla Walla Show 'n' Shine Downtown Walla Walla 11:00 Village Church (TH) 1:30 UNO (Gam) 2:00 Domino Games (GAM) 6:00 Table Games (3L)
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 10:00 Candy Bingo (COM) 10:30 Catholic Service (CH) 1:00 Hand & Foot (GAM)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 & 3:00 (TH) Discover Documentaries 11:15 YMCA Class (VC)	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 10:00 & 3:00 (TH) Discover Documentaries 11:15 YMCA Class (VC)	8:30 Senior Living Outing (W) Goodwill (New Location) 10:30 Floral Arranging Class (CON) 11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM)	8:00 YMCA Stretch & Flex (VC) 8:00-12:00 COVIV Booster (CON) 10:00 Skip-Bo (GAM) 11:00 Episcopal Service (CH) 11:15 YMCA Class (VC)	9:30 WW Clinic Audio. (GAM) 10:00 Tai Chi: Intro to 2 forms (VC) 11:15 YMCA Class (VC) 10:30 Trip to VFW Speaker Robert Certain	11:00 Village Church (TH) 1:30 UNO (Gam) 2:00 Domino Games (GAM) 6:00 Table Games (3L)

3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L)	1:00 Bible Class (CH): 1:30 Bridge (GAM) 1:00-4:00 Mending (COM) 3:00 Two Bit Bingo (CON)	12:00 Pianist Carolyn 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM)	3:00 Resident Council Meeting (CON) Guest: Kelsey Kreamer from Loyd's Insurance 4:00 Happy Hour (RR Patio)	1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 2:30 Singer Rick Doyle 3:00 Blue Zone Cooking Class Dessert (COM) 6:00 Rummikub (3L)	1:30 Bridge (GAM) 2:00 Veteran's Social (CON) 3:00 Two Bit Bingo (CON) 4:00 Slp & Paint with Jess 6:30 Vespers (CH)	
18	19	20	21	22	23	24
9:30 Walla Walla Presbyterian Call 525-1093 to Schedule Pick-up 10:00 Candy Bingo (COM) 10:30 Catholic Service (CH) 1:00 Hand & Foot (GAM) 2:00-4:00 Furniture Sale (Little B C 3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 & 3:00 (TH) Discover Documentaries 11:15 YMCA Class (VC) 1:00 Bible Class (CH): 1:30 Bridge (GAM) 1:00-4:00 Craft & Chat (COM) 3:00 Two Bit Bingo (CON)	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 10:00 & 3:00 (TH) Discover Documentaries 11:15 YMCA Class (VC) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Tom's Town Hall (CON)	8:30 Senior Living Outing (W) Touchet Levee Trail Walk 11:00 Glasses Cleaning and Adjustm by Walmart Vlsion Center (GAM) 11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM) 2:00 New Resident Social (RR) 3:00 Candy BINGO (COM)	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 11:15 YMCA Class (VC) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:30 Potluck Prep (COM) Assistance for those who need an extra han 4:30 Blue Zone Recipe Potluck (CON) 6:30-8:00 Love it or Leave it (CON)	9:00 Bi-Mart / Super 1 (W) 10:00 Tai Chi: Intro to 24 forms (VC) 11:15 YMCA Class (VC) 1:30 Bridge (GAM) 9:30- 4:45 Transportation: Hanford B Reactor Tour Packed Lunch Provided 3:00 Two Bit Bingo (CON) 4:30 Wolf Creek Band (R) 6:30 Vespers (CH)	11:00 Village Church (TH) 1:30 UNO (Gam) 2:00 Domino Games (GAM) 6:00 Table Games (3L)
25	26	27	28	29	30	
9:30 Walla Walla Presbyterian Call 525-1093 to Schedule Pick-up 10:00 Candy Bingo (COM) 10:30 Catholic Service (CH) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 & 3:00 (TH) Discover Documentaries: 11:15 YMCA Class (VC) 11:30 PEO Meeting (CON) 1:00 Bible Class (CH): 1:30 Bridge (GAM) 1:00-4:00 Craft & Chat (COM) 3:00 Two Bit Bingo (CON)	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 10:00 & 3:00 (TH) Discover Documentaries: 10:30 Book Club (COM) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 2:00 Blue Zones Cooking Class: with Chef Heidi McFarely	8:30 Senior Living Outing (W) Bennington Lake Fishing or Walking 11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM) 3:00 Candy BINGO (COM) 4:45 Dinner Dash: Pasta Factory	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 2:30 Fall Tea Party (R) 6:00 Rummikub (3L)	9:00 Safeway/Grocery Outlet (W) 10:00 Tai Chi: Intro to 24 forms (VC) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 6:30 Vespers (CH)	 <p>1500 Catherine Street Walla Walla, WA 99362 LIC# 1640</p>