


<p>Celebrate!</p> <p>Birthdays</p> <p>Residents Joyce 9/7th Lana 9/30th</p> <p style="text-align: center;"></p> <p>Staff Armando 9/11 Cassl 9/27 Xio 9/29</p> <p>Anniversaries 9/17 Manny 14 Years! 9/13 Xio 1 Year!</p>	<p>Vitality Theme: Food as Fuel</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."</p>	<p>Salon Days</p> <p>Stylist Tori visits on Mondays To Schedule an appointment please call Tori at 509-240-4265</p> <p>Wellness Types</p> <ul style="list-style-type: none"> Leisure Wellness Cognitive Social Exercise
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	31	1	2	3
9:30 Sunday Stretching 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Puzzle Time 5:00-8:00 Caregiver Activities*	9:30 Exercise * Group Walk * 10:00 Donuts & Coffee 10:30 Hangman 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Cooking Time 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Hand Massages 5:00-8:00 Caregiver Activities*	9:30 Exercise * Ball Toss * 10:00 Tea Time 10:30 Tidbit Tuesdays 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Mindful Walk 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Beauty Day 5:00-8:00 Caregiver Activities*	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Chaplin Steve Visit 12:00 TV Toons 1:45 Adventure out 3:00 Snack & Visit 3:30 Craft Time 5:00-8:00 Caregiver Activities*	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Fancy Fingers 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Crossword Packet 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Sing-A-Long 5:00-8:00 Caregiver Activities*	9:30 Exercise * Group Walk * 10:00 Tea Time 10:30 Bingo 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Reading a Book 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Puzzle Time 5:00-8:00 Caregiver Activities*	9:30 Exercise * Ball Toss * 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Drawing a picture 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Art Time 5:00-8:00 Caregiver Activities*
4	5	6	7	8	9	10
9:30 Sunday Stretching 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Read A Book 5:00-8:00 Caregiver Activities*	9:30 Exercise * Group Walk * 10:00 Donuts & Coffee 10:30 Labor Day Trivia 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Cooking Time 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Hand Massages 5:00-8:00 Caregiver Activities*	9:30 Exercise * Ball Toss * 10:00 Tea Time 10:30 Tidbit Tuesdays 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Story telling 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Art Time 5:00-8:00 Caregiver Activities*	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Chaplin Steve Visit 12:00 TV Toons 1:45 Adventure out 3:00 Snack & Visit 3:30 Craft Time 5:00-8:00 Caregiver Activities*	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Fancy Fingers 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Walk the Hallways 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Sing-A-Long 5:00-8:00 Caregiver Activities*	9:30 Exercise * Group Walk * 10:00 Tea Time 10:30 Bingo 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Drawing a picture 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Puzzle Time 5:00-8:00 Caregiver Activities*	9:30 Exercise * Ball Toss * 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore 2:00 Read a Book 2:30 Snack & Visit 3:00 Afternoon Exercise 3:30 Art Time 5:00-8:00 Caregiver Activities*
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
9:30 Sunday Stretching 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore	9:30 Exercise * Group Walk * 10:00 Donuts & Coffee 10:30 Hangman 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore	9:30 Exercise * Ball Toss * 10:00 Tea Time 10:30 Tidbit Tuesdays 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Chaplin Steve Visit 12:00 TV Toons 1:45 Adventure out	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Fancy Fingers 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore	9:30 Exercise * Group Walk * 10:00 Tea Time 10:30 Bingo 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore	9:30 Exercise * Ball Toss * 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Rest & Restore

2:30 Snack & Visit	2:00 Cooking Time	2:00 Story Telling	3:00 Snack & Visit	2:00 Crossword Packet	2:00 Reading a Book	2:00 Crossword Package
3:00 Afternoon Exercise	2:30 Snack & Visit	2:30 Snack & Visit	3:30 Craft Time	2:30 Snack & Visit	2:30 Snack & Visit	2:30 Snack & Visit
3:30 Craft Time	3:00 Afternoon Exercise	3:00 Afternoon Exercise	5:00-8:00 Caregiver Activities*	3:00 Afternoon Exercise	3:00 Afternoon Exercise	3:00 Afternoon Exercise
5:00-8:00 Caregiver Activities*	3:30 Hand Massages	3:30 Beauty Day		3:30 Sing-A-Long	3:30 Puzzle Time	3:30 Art Time
	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*		5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*
18	19	20	21	22	23	24
9:30 Sunday Stretching	9:30 Exercise * Group Walk *	9:30 Exercise * Ball Toss *	9:30 Exercise * Noodle Ball *	9:30 Exercise * Noodle Ball *	9:30 Exercise * Group Walk *	9:30 Exercise * Ball Toss *
10:00 Tea Time	10:00 Donuts & Coffee	10:00 Tea Time	10:00 Tea Time	10:00 Tea Time	10:00 Tea Time	10:00 Tea Time
10:30 Village Church	10:30 Hangman	10:30 Tidbit Tuesdays	10:30 Chaplin Steve Visit	10:30 Fancy Fingers	10:30 Bingo	10:30 Village Church
12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons
1:00 1 on 1 Visit/Rest & Restore	1:00 1 on 1 Visit/Rest & Restore	1:00 1 on 1 Visit/Rest & Restore	1:45 Adventure out	1:00 1 on 1 Visit/Rest & Restore	1:00 1 on 1 Visit/Rest & Restore	1:00 1 on 1 Visit/Rest & Restore
2:30 Snack & Visit	2:00 Cooking Time	2:00 Mindful Walk	3:00 Snack & Visit	2:00 Walk the Hallways	2:00 Crossword Package	2:00 Read a Book
3:00 Afternoon Exercise	2:30 Snack & Visit	2:30 Snack & Visit	3:30 Craft Time	2:30 Snack & Visit	2:30 Snack & Visit	2:30 Snack & Visit
3:30 Story Telling	3:00 Afternoon Exercise	3:00 Afternoon Exercise	5:00-8:00 Caregiver Activities*	3:00 Afternoon Exercise	3:00 Afternoon Exercise	3:00 Afternoon Exercise
5:00-8:00 Caregiver Activities*	3:30 Hand Massages	3:30 Coloring Packages		3:30 Sing-A-Long	3:30 Puzzle Time	3:30 Art Time
	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*		5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*
25	26	27	28	29	30	1
9:30 Sunday Stretching	9:30 Exercise * Group Walk *	9:30 Exercise * Ball Toss *	9:30 Exercise * Noodle Ball *	9:30 Exercise * Noodle Ball *	9:30 Exercise * Group Walk *	9:30 Exercise * Ball Toss *
10:00 Tea Time	10:00 Donuts & Coffee	10:00 Tea Time	10:00 Tea Time	10:00 Tea Time	10:00 Tea Time	10:00 Tea Time
10:30 Village Church	10:30 Hangman	10:30 Tidbit Tuesdays	10:30 Chaplin Steve Visit	10:30 Fancy Fingers	10:30 Bingo	10:30 Village Church
12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons
1:00 1 on 1 Visit/Rest & Restore	1:00 1 on 1 Visit/Rest & Restore	1:00 1 on 1 Visit/Rest & Restore	1:45 Adventure out	1:00 1 on 1 Visit/Rest & Restore	1:00 1 on 1 Visit/Rest & Restore	1:00 1 on 1 Visit/Rest & Restore
2:30 Snack & Visit	2:00 Cooking Time	2:00 Coloring Package	3:00 Snack & Visit	2:00 Crossword Packet	2:00 Crossword Package	2:00 Read a Book
3:00 Afternoon Exercise	2:30 Snack & Visit	2:30 Snack & Visit	3:30 Craft Time	2:30 Snack & Visit	2:30 Snack & Visit	2:30 Snack & Visit
3:30 Sing-A-Long	3:00 Afternoon Exercise	3:00 Afternoon Exercise	5:00-8:00 Caregiver Activities*	3:00 Afternoon Exercise	3:00 Afternoon Exercise	3:00 Afternoon Exercise
5:00-8:00 Caregiver Activities*	3:30 Hand Massages	3:30 Memory Games		3:30 Sing-A-Long	3:30 Puzzle Time	3:30 Art Time
	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*		5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*

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