

**Vitality Theme:**

“An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.”  
—William E. Vaughan

**Birthdays!**

Marilyn Homes 1st	Bill Gass 9th	Don Jordan 25th
Bill Eacret 2nd	Gary Telfer 16th	Betty Hair 27th
Toshiko Schuster 3rd	Beth Anderson 20th	Bonnie Stephens 27th
Mary Barga 4th	Lee Anne Lamadrid 22nd	Jim Williams 27th
Sandy Grams 9th	Edlith Telfer 24th	





**Location Guide**

W - West Entrance	BS-Beauty Salon
CH - Chapel	2E-2nd Floor East Wing
R - Restaurant	COM -Community Room
VC - Vitality Center	RR - Red Rooster
GC - Golf Course	GAM -Game Room
E - East Entrance	TH -Movie Theater
BC -Business Center	CON -Conference Room
LIB -Library	P-Patio
2L -2nd Floor Lobby	TBD-To Be Determined

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
10:00 Exercise with Grace (2L) 10:00 NFL GAME (CON) 10:30 Catholic Service (CH) 10:30 Music Quiz Game 1:00 Afternoon Call/1 on 1 1:25 NFL GAME (CON) 2:30 Craft & Snack with Grace	8:30 Coffee & Donuts 2L 9:00 Walmart / Andy's W 10:00 Exercise with Sarah 10:30 Bingo with Melissa 2L 1:00 Bible Class CH 1:00 Hand Massages with Melissa 3:00 Art with Melissa 2L 4:00 Happy Hour 5:00 Rose Bowl (TH)	9:00 Morning Call/ 1 on 1 Activity packets & Newsletters 10:00 Exercise with Melissa 10:30 Coffee & Tidbits w/ Melissa 1:00 Gin Rummy with Melissa 2 3:00 Social Club** 4:00 Happy Hour	9:30 Morning Call/1 on 1 10:00 Exercise with Sarah 11:00 Scenic Drive W 1:00 Dominos with Grace 2:30 Hot Chocolate & Chat 2L 3:00 Fancy Fingers* 2L with Vitality and Care Staff 4:00 Happy Hour	9:00 Morning Call/1 on 1 10:00 Exercise with Melissa 10:30 Bingo with Melissa 2L 1:00 Uno with Vitality 2L 3:00 Social Club** 4:00 Happy Hour	9:00 Safeway/ BiMart (W) 9:30 Sound Audiology GAM 10:00 Exercise with Sarah 10:30 Water Colors (2L) 1:00 Hand Massages with Melissa 2:30 Craft & Snack 4:00 Happy Hour 6:30 Vespers (CH)	10:00 Exercise with Grace* 10:30 Games with Grace 2L 11:00 Village Church (TH) 1:00 Sing-a-long with Grace 2:30 Afternoon Call/1 on 1 3:00 Bingo with Grace* 2L
8	9	10	11	12	13	14
10:00 Exercise with Grace (2L) 10:30 Catholic Service (CH) 10:30 Music Quiz Game 1:00 Afternoon Call/1 on 1 1:25 NFL GAME (CON) 2:30 Craft & Snack with Grace	8:30 Coffee & Donuts 2L 9:00 Walmart / Andy's W 10:00 Exercise with Sarah 10:30 Bingo with Melissa 2L 1:00 Bible Class CH 1:00 Hand Massages with Melissa 2:30 Afternoon Call/1 on 1 3:00 Art with Melissa 2L 4:00 Happy Hour	9:00 Morning Call/1 on 1 Activity packets & Newsletters 10:00 Exercise with Melissa 10:30 Coffee & Tidbits w/ Melissa 1:00 Gin Rummy with Melissa 2 3:00 Social Club** 4:00 Happy Hour	9:30 Morning Call/1 on 1 10:00 Exercise with Sarah 11:00 Glasses Cleaning (GAM) 11:00 Scenic Drive W 1:00 Dominos with Grace 2:30 Hot Chocolate & Chat 2L 3:00 Fancy Fingers* 2L with Vitality and Care Staff 4:00 Happy Hour	8:30 Jesus Calling Bible Study 9:00 Morning Call/1 on 1 10:00 Exercise with Melissa 10:00 Presbyterian Services 10:30 Bingo with Melissa 2L 1:00 Uno with Vitality 2L 3:00 Social Club** 4:00 Happy Hour	8:00 Men's Breakfast (COM)** 9:00 Super 1/Grocery Outlet (L) 10:00 Exercise with Sarah 10:30 Water Colors (2L) 1:00 Hand Massages with Melissa 2:30 Craft & Snack 4:00 Sip & Paint with Jess (VC) 4:00 Happy Hour 6:30 Vespers (CH)	10:00 Exercise with Grace* 10:30 Games with Grace 2L 11:00 Village Church (TH) 1:00 Sing-a-long with Grace 2:30 Afternoon Call/1 on 1 3:00 Bingo with Grace* 2L

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
15	16	17	18	19	20	21
10:00 Exercise with Grace (2L)	8:30 Coffee & Donuts 2L	9:00 Morning Call/1 on 1	9:30 Morning Call/1 on 1	8:30 Jesus Calling Bible Study	9:00 Safeway/ BiMart (W)	10:00 Exercise with Grace*

10:30 Catholic Service (CH)	9:00 Walmart / Andy's W	Activity packets & Newsletters	10:00 Exercise with Sarah	9:00 Morning Call/1 on 1	9:00 Morning Call/1 on 1	10:30 Games with Grace 2L
10:30 Music Quiz Game	10:00 Exercise with Sarah	10:00 Exercise with Melissa	11:00 Scenic Drive W	10:00 Exercise with Melissa	<b>9:30-11:00 WW Aud. (GAM)</b>	11:00 Village Church (TH)
1:00 Afternoon Call/1 on 1	10:30 Bingo with Melissa 2L	10:30 Coffee & Tidbits w/ Meliss	1:00 Dominos with Grace	10:30 Bingo with Melissa 2L	10:00 Exercise with Sarah	1:00 Sing-a-long with Grace
1:25 NFL GAME (CON)	1:00 Bible Class CH	1:00 Gin Rummy with Melissa 2	<b>2:30 Floral Arranging</b>	<b>11:00 Episcopal Service CH</b>	10:30 Water Colors (2L)	2:30 Afternoon Call/1 on 1
2:30 Craft & Snack with Grace	1:00 Hand Massages with Meliss	3:00 Social Club**	3:00 Fancy Fingers* 2L with Vitality and Care Staff	1:00 Uno with Vitality 2L	1:00 Hand Massages with Meliss	3:00 Bingo with Grace* 2L
	2:30 Afternoon Call/1 on 1	4:00 Happy Hour	4:00 Happy Hour	3:00 Social Club**	<b>2:30 Veterans Social CON***</b>	
	3:00 Art with Melissa 2L			4:00 Happy Hour	4:00 Happy Hour	
	4:00 Happy Hour				6:30 Vespers (CH)	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
10:00 Exercise with Grace (2L)	8:30 Coffee & Donuts 2L	9:00 Morning Call/1 on 1	9:30 Morning Call/1 on 1	8:30 Jesus Calling Bible Study	9:00 Super 1/Grocery Outlet (V)	10:00 Exercise with Grace*
10:30 Catholic Service (CH)	9:00 Walmart / Andy's W	Activity packets & Newsletters	10:00 Exercise with Sarah	9:00 Morning Call/1 on 1	9:00 Morning Call/1 on 1	10:30 Games with Grace 2L
10:30 Music Quiz Game	10:00 Exercise with Sarah	10:00 Exercise with Melissa	11:00 Scenic Drive W	10:00 Exercise with Melissa	10:00 Exercise with Sarah	11:00 Village Church (TH)
1:00 Afternoon Call/1 on 1	10:30 Bingo with Melissa 2L	10:30 Coffee & Tidbits w/ Meliss	1:00 Dominos with Grace	10:30 Bingo with Melissa 2L	10:30 Water Colors (2L)	1:00 Sing-a-long with Grace
1:25 NFL GAME (CON)	1:00 Bible Class CH	1:00 Gin Rummy with Melissa 2	<b>2:30 New Resident Social (RR)***</b>	<b>11:00 Resident Council CON***</b>	1:00 Hand Massages with Meliss	2:30 Afternoon Call/1 on 1
2:30 Craft & Snack with Grace	<b>2:30 Remembrance Service (CH)</b>	3:00 Social Club**	3:00 Fancy Fingers* 2L with Vitality and Care Staff	1:00 Uno with Vitality 2L	<b>2:30 Birthday Party CON***</b>	3:00 Bingo with Grace* 2L
	2:30 Afternoon Call/1 on 1	<b>3:00 Tom's Town Hall***</b>	4:00 Happy Hour	3:00 Social Club**	4:00 Happy Hour	
	3:00 Art with Melissa 2L	4:00 Happy Hour	4:00 Happy Hour	4:00 Happy Hour	6:30 Vespers (CH)	
	4:00 Happy Hour		<b>4:45 Dinner Dash: The Marc</b>			
<b>29</b>	<b>30</b>	<b>31</b>	<b>Transportation</b>	<b>COVID Guidelines</b>	<b>Game Room</b>	<b>Wellness Key</b>
10:00 Exercise with Grace (2L)	8:30 Coffee & Donuts 2L	9:00 Morning Call/1 on 1	<b>Medical Transport</b>	***  CENTERS FOR DISEASE CONTROL AND PREVENTION	Pinochle T & T 1:00	<b>Physical</b>
10:30 Catholic Service (CH)	9:00 Walmart / Andy's W	Activity packets & Newsletters	Mondays 1:00 pm-5:00pm	<b>ALL ACTIVITIES ARE SUBJECT TO CHANGE PER CDC AND DSHS GUIDELINES</b>	Bridge M & F 1:30	<b>Social</b>
10:30 Music Quiz Game	10:00 Exercise with Sarah	10:00 Exercise with Melissa	Tuesdays 9:00 am-5:00pm		Dominoes T, T & Sat. 2:00	<b>Spiritual</b>
1:00 Afternoon Call/1 on 1	10:30 Bingo with Melissa 2L	10:30 Coffee & Tidbits w/ Meliss	Thursdays 9:00 am-5:00pm		Rummikub Sun & Thurs 6:00	<b>Intellectual</b>
1:25 NFL GAME (CON)	1:00 Bible Class CH	1:00 Gin Rummy with Melissa 2	<b>Sunday Pick up Services</b>		<b>Bingo</b>	<b>Environmental</b>
2:30 Craft & Snack with Grace	1:00 Hand Massages with Meliss	3:00 Social Club**	9:30 Walla Walla Presbyterian		2 Bit (CON)	Wheatland Village
	2:30 Afternoon Call/1 on 1	4:00 Happy Hour	Call 525-1093 to Schedule		Sun, Mon, & Fri at 3:30	1500 Catherine Street
<b>National Puzzle Day</b>	3:00 Art with Melissa 2L		10:00 Methodist Church		<b>Candy (COM)</b>	Walla Walla, WA 99362
<b>Start of Wheatland's Puzzle Week!</b>	4:00 Happy Hour		Call 525-1870 to Schedule		Sun at 10:30 & Wed at 3:00	LIC# 1640