

Vitality Theme: Gratitude

"There are so many things in the world that could be invisible to the material eye, and when you take a moment to stop, to pause, to be present and notice them—that's gratitude."
-Jay Shetty



Birthdays!



Reuben Ojeda 3rd	Ann deWebber 15th	Gary Shaw 25th
David Shannon 3rd	Marilyn Corbett 15th	Margo McKinney 26th
Donna Tidmarsh 4th	Bob Zabor 17th	Ron Tompkins 27th
Luella Dysart 4th	Peggy Sanderson 18th	Jack Barga 28th
Avis Barnaby 10th	Thelma Sanks 20th	Evelyn Schmidt 29th
Ann Winder 11th	Bob Freeman 22nd	Kathleen Kennedy 30th
Wilma Lange 15th	Doreen Taylor 22nd	Jean Wilson 30th
	Richard Doyle 23rd	



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
Wellness Types		1	2	3	4	5
Physical	 1500 Catherine Street Walla Walla, WA 99362 LIC# 1640	8:00 YMCA Stretch & Flex (VC) 9:00 Refreshment Cart *	9:30 Refreshment Cart * 10:00 Exercise Class 2L	8:00 YMCA Stretch & Flex (VC) 9:00 Refreshment Cart *	9:00 Super 1/Grocery Outlet (W) 9:00-2:00 Christmas & Craft Bazaar	9:00 Refreshment Cart * 10:00 Chair Stretch with Grace
Social		10:00 Coffee & Chat / Tid Bits (2L) 11:00 One on One Visits	10:30 Word Games 11:00 Scenic Drive (W)	10:00 Gratitude Project *2L 11:00 BINGO 2L*	9:30-11:00 Sound Aud. (GAM)	10:30 Sing A Long 11:00 Village Church (TH)
Spiritual		1:00 Refreshment Cart* 2:30 -4:00 Fancy Nails * (2L)	11:00 Water Coloring (2L) * 1:00 Refreshment Cart*	1:00 Refreshment Cart* 2:00 Bean Bag Toss with Grace	10:00 Exercise Class 2L 10:30 Shoulder Massages 2L	1:00 Refreshment Cart* 2:30 Domino Games (2L)
Intellectual			3:00 Candy BINGO (2L) 3:00 Hand Massages 2L *	2:30-4 Thanksgiving Crafts * 2L	11:45 Lunch Bunch: Walla Walla Cheese Company	3:30 Games with Grace
Environmental					1:00 Refreshment Cart* 3:00 Ceramics Painting (2L)* 6:30 Vespers (CH)	
6	7	8	9	10	11	12
9:00 Refreshment Cart * 9:30 Walla Walla Presbyterian Pick up 10:00 NFL Football Game (CON) 10:00 Chair Stretch with Grace* 10:30 Catholic Service (CH) 10:30 Candy Bingo with Grace (2L) 1:00 Refreshment Cart* 2:30 Craft & Knitting with Grace 3:30 Hot Cocoa & Chat* 3:00 Two Bit Bingo (CON)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise Class 2L 10:30 Hand Massages * 2L 1:00-4:00 Craft & Chat (COM) 1:00 Refreshment Cart* 1:00 Bible Class (CH): 3:00 Two Bit Bingo (CON) 3:00 Acrylic Painting * (2L)	8:00 YMCA Stretch & Flex (VC) 9:00 Refreshment Cart * 10:00 Coffee & Chat / Tid Bits (2L) 11:00 One on One Visits 1:00 Refreshment Cart* 2:30 -4:00 Fancy Nails * (2L) 6:30 WW Symphony Series Transportation Tickets \$25.00	9:30 Refreshment Cart * 10:00 Exercise Class 2L 10:30 Word Games 11:00 Scenic Drive (W) 11:00 Water Coloring (2L) * 1:00 Refreshment Cart* 2:00 Floral Arranging (2L) 3:00 Candy BINGO (2L) 3:00 Hand Massages 2L *	8:00 YMCA Stretch & Flex (VC) 9:00 Refreshment Cart * 10:00 Presbyterian Services 10:00 Gratitude Project *2L 11:00 BINGO 2L* 1:00 Refreshment Cart* 2:00 Bean Bag Toss with Grace 2:30-4 Thanksgiving Crafts * 2L	8:00 Veterans' Breakfast (COM) 9:00 Safeway/ BIMart (W) 10:00 Exercise Class 2L 10:30 Transportation Veterans Day Parade 2:00 Special Veterans Day Social 3:00 Ceramics Painting (2L)* 4:00 Sip and Paint with Jess (VC) 6:30 Vespers (CH)	9:00 Refreshment Cart * 10:00 Chair Stretch with Grace 10:30 Sing A Long 11:00 Village Church (TH) 1:00 Refreshment Cart* 2:30 Domino Games (2L) 3:30 Games with Grace 
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
9:00 Refreshment Cart * 9:30 Walla Walla Presbyterian Pick up 10:00 NFL Football Game (CON) 10:00 Chair Stretch with Grace* 10:30 Catholic Service (CH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise Class 2L 10:30 Hand Massages * 2L 1:00-4:00 Craft & Chat (COM)	8:00 YMCA Stretch & Flex (VC) 9:00 Refreshment Cart * 10:00 Coffee & Chat / Tid Bits (2L) 11:00 One on One Visits 1:00 Refreshment Cart*	9:00-1:00 PICTURE DAY!! (E) 11:00 Glasses Cleaning (GAM) 11:00 Scenic Drive (W) 1:00 Refreshment Cart* 2:00 Smores Bar!	8:00 YMCA Stretch & Flex (VC) 9:00 Refreshment Cart * 10:00 Resident Council (CON) 11:00 BINGO 2L* 11:00 Episcopal Service (CH)	9:00 Super 1/Grocery Outlet (W) 9:00 Refreshment Cart * 9:30-11:00 WW Aud. (GAM) 10:00 Exercise Class 2L 10:30 Shoulder Massages 2L	9:00 Refreshment Cart * 10:00 Chair Stretch with Grace 10:30 Sing A Long 11:00 Village Church (TH) 1:00 Refreshment Cart*

10:30 Candy Bingo with Grace (2L) 1:00 Refreshment Cart* 2:30 Craft & Knitting with Grace 3:30 Hot Cocoa & Chat* 3:00 Two Bit Bingo (CON)	1:00 Refreshment Cart* 1:00 Bible Class (CH): 3:00 Two Bit Bingo (CON) 3:00 Acrylic Painting * (2L)	2:30 -4:00 Fancy Nails * (2L)	3:00 Hand Massages 2L * 	1:00 Refreshment Cart* 2:00 Bean Bag Toss with Grace 2:30 Singer Rick Doyle (R) 2:30-4 Thanksgiving Crafts * 2L	1:00 Refreshment Cart* 2:00 Birthday Party* 3:00 Two Bit Bingo (CON) 3:00 Ceramics Painting (2L)* 3:00 Transportation: Walla Walla Town Center Mall 6:30 Vespers (CH)	2:30 Domino Games (2L) 3:30 Games with Grace
20	21	22	23	24	25	26
9:00 Refreshment Cart * 9:30 Walla Walla Presbyterian Pick u 10:00 NFL Football Game (CON) 10:00 Chair Stretch with Grace* 10:30 Catholic Service (CH) 10:30 Candy Bingo with Grace (2L) 1:00 Refreshment Cart* 2:30 Craft & Knitting with Grace 3:30 Hot Cocoa & Chat* 3:00 Two Bit Bingo (CON)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise Class 2L 10:30 Hand Massages * 2L 1:00 Refreshment Cart* 1:00-4:00 Craft & Chat (COM) 1:00 Bible Class (CH) 3:00 Two Bit Bingo (CON) 3:00 Acrylic Painting * (2L)	8:00 YMCA Stretch & Flex (VC) 9:00 Refreshment Cart * 10:00 Coffee & Chat / Tid Bits (2L) 10:30 Book Club (COM) 11:00 One on One Visits 1:00 Refreshment Cart* 2:30 -4:00 Fancy Nails * (2L) 3:00 Tom's Town Hall (CON)	9:30 Refreshment Cart * 10:00 Exercise Class 2L 10:30 Word Games 11:00 Scenic Drive (W) 11:00 Water Coloring (2L) * 1:00 Refreshment Cart* 3:00 Candy BINGO (2L) 3:00 Hand Massages 2L *	7:00 Hair & Painting Nails 2L 9:00 Gratitude Project *2L 10:00 Apple cider & Craft 2L* 	9:00 Safeway/ BIMart (W) 9:00 Refreshment Cart * 10:00 Exercise Class 2L 10:30 Shoulder Massages 2L 1:00 Refreshment Cart* 2:00 Wii Bowling 2L 3:00 Ceramics Painting (2L)* 3:00 Two Bit Bingo (CON) 3:00 Downtown Shopping Trip 4:30 Wolf Creek Band (R) 6:30 Vespers (CH)	9:00 Refreshment Cart * 10:00 Chair Stretch with Grace 10:30 Sing A Long 11:00 Village Church (TH) 1:00 Refreshment Cart* 2:30 Domino Games (2L) 3:30 Games with Grace
27	28	29	30	Red Rooster	Medical Transport	Vitality Center
9:00 Refreshment Cart * 9:30 Walla Walla Presbyterian Pick u 10:00 NFL Football Game (CON) 10:00 Chair Stretch with Grace* 10:30 Catholic Service (CH) 10:30 Candy Bingo with Grace (2L) 1:00 Refreshment Cart* 2:30 Craft & Knitting with Grace 3:30 Hot Cocoa & Chat* 3:00 Two Bit Bingo (CON)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 9:00 Refreshment Cart * 10:00 Exercise Class 2L 10:30 Hand Massages * 2L 11:30 PEO Meeting (COM) 1:00 Bible Class (CH): 3:00 Two Bit Bingo (CON) 3:00 Acrylic Painting * (2L)	8:00 YMCA Stretch & Flex (VC) 9:00 Refreshment Cart * 10:00 Coffee & Chat / Tid Bits (2L) 11:00 One on One Visits 1:00 Refreshment Cart* 2:30 -4:00 Fancy Nails * (2L)	9:30 Refreshment Cart * 10:00 Exercise Class 2L 10:30 Humane Society 2L* 11:00 Scenic Drive (W) 11:00 Water Coloring (2L) * 1:00 Refreshment Cart* 3:00 Candy BINGO (2L) 3:00 Hand Massages 2L * 4:45 Dinner Dash My Dads Place In Dayton, WA	Open 12:00-3:00 Sandwiches, Soups, and Sweets Ice Cream Flavor of the Month Games In Game Room on 3rd Pinochle T & T 1:00 pm Bridge M & F 1:30 pm Dominoes T, T & Sat. 2:00 pm Rummikub Sun & Thurs 6:00 pm	Medical Transport Mondays 1:00 pm-5:00pm Tuesdays 8:00 am-5:00pm Thursdays 8:00 am-5:00pm Shopping Mondays 9:00 Walmart & Andy's Fridays 9:00 Bi-Mart & Safeway Super 1 & Grocery Outlet	Open 5:00-9:00 Pool Open 5:00-7:00 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