





<p>Vitality Theme: Gratitude</p> <p>"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</p>	<p>Birthdays!</p> <p>Reuben Ojeda 3rd David Shannon 3rd Donna Tidmarsh 4th Luella Dydart 4th Avis Barnaby 10th Ann Winder 11th Willma Lange 15th</p> <p>Ann deWebber 15th Marilyn Corbett 15th Bob Zabor 17th Peggy Sanderson 18th Thelma Sanks 20th Bob Freeman 22nd Doreen Taylor 22nd Richard Doyle 23rd</p> <p>Gary Shaw 25th Margo McKinney 26th Ron Tompkins 27th Jack Barga 28th Evelyn Schmidt 29th Kathleen Kennedy 30th Jean Wilson 30th</p> 			<p>Location Guide</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>
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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) 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) 2:30 Blue Zones Cooking Class with Chef Heidi	8:30 Senior Living Outing (W) Roger's Bakery & College Place Walk 11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM) 2:00 & 5:00 (TH) Majestic Movies 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) 6:00 Rummikub (3L)	9:00 Super 1 / Grocery Outlet 9:30-11:00 Sound Audiology (GAM) 9:00-2 Christmas & Craft Bazaar 11:15 YMCA Class (VC) 11:45 Lunch Bunch: Walla Walla Cheese Company 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 6:30 Vespers (CH)	11:00 Village Church (TH) 12:30 Football: WSV vs Stanford (CC) 1:30 UNO (Gam) 2:00 Domino Games (GAM) 6:00 Table Games (3L)		
Social		6	7	8	9	10	11	
Spiritual		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)	8:00 Blue Zone's Walking Group (B) 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) 1:00-4:00 Craft & Chat (COM) 1:30 Bridge (GAM) 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) 6:30 WW Symphony Series Transportation Tickets \$25	8:30 Senior Living Outing (W) La Patisserie & Whitman College Walk 10:30 Floral Arranging (CON) 11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM) 3:00 Resident Council Meeting (CON)	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) 6:00 Rummikub (3L)	8:00 Veterans' Breakfast (COM) 9:00 Bi-Mart / Safeway 10:30: Transportation: Veterans Day Parade 11:15 YMCA Class (VC) 1:30 Bridge (GAM) 2:00 Special Veterans Day Social 3:00 Two Bit Bingo (CON) 4:00 Sip & Paint with Jess 6:30 Vespers (CH)	11:00 Village Church (TH) 1:30 UNO (Gam) 2:00 Domino Games (GAM) 6:00 Table Games (3L) 
Intellectual		13	14	15	16	17	18	
Environmental		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)	8:00 Blue Zone's Walking Group (B) 8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 & 3:00 (TH) Discover Documentaries	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) Whitman Mission Walk 9:00-1:00 Picture Day 11:00 Glasses Cleaning and Adjust by Walmart Vision Center (GAM)	8:00 YMCA Stretch & Flex (VC) 10:00 Skip-Bo (GAM) 11:00 Episcopal Service (CH) 11:15 YMCA Class (VC) 1:00 Pinochle (GAM)	9:00 Super 1 / Grocery Outlet 11:15 YMCA Class (VC) 1:30 Bridge (GAM) 2:00 Birthday Party (CON)	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		
13	14	15	16	17	18	19		

3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L)	11:15 YMCA Class (VC) 1:00 Bible Class (CH) 1:00-4:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM)	11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM) 3:00 Candy BINGO (COM)	2:00 Domino Games (GAM) 3:00 Craft: Origami Boxes for Gifts With Evie 6:00 Rummikub (3L)	3:00 Two Bit Bingo (CON) 3:00 Transportation: Walla Walla Town Center Mall 6:30 Vespers (CH)
20	21	22	23	24	25
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)	8:00 Blue Zone's Walking Group (E) 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) 1:00-4:00 Craft & Chat (COM) 1:30 Bridge (GAM) 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) 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) Stone Soup Café 11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM) 3:00 Candy BINGO (COM)	10:00 Skip-Bo (GAM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) *Games may be cancelled due to players being out of town*  No YMCA Classes Bank Closed Business Office Closed	9:00 Bi-Mart / Safeway 9:30 WW Clinic Audio. (GAM) 10:00 Tai Chi: Intro to 24 forms (VC) 11:15 YMCA Class (VC) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Transportation: Downtown Walla Walla Shopping 5:00 Wolf Creek Band (R) 6:30 Vespers (CH)
27	28	29	30	Vitality Center	Transportation
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 (COM) 1:00 Bible Class (CH): 1:00-4:00 Craft & Chat (COM) 1:30 Bridge (GAM) 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)	11:15 YMCA Class (VC) 1:00 Hand & Foot (GAM) 2:00 New Resident Social (RR) 3:00 Candy BINGO (COM) 4:45 Dinner Dash: My Dad's Place In Dayton, WA	Open 5:00 AM-9:00 PM Pool Open 5:00 AM -7:00 PM 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	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
					 1500 Catherine Street Walla Walla, WA 99362 LIC# 1640