

Celebrate!		Vitality Theme: Gratitude			Salon Days	
<p><i>Birthdays</i></p> <p>Kathy 23rd      Daisy Gutierrez 24th</p>  <p><i>Anniversaries</i></p> <p>1st Chaplain Steve Cromwell 4 years 12th Janes Reed 8 years</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>Stylist Tori visits on Mondays To Schedule an appointment please call Tori at 509-240-4265</p> <p><i>Wellness Types</i></p> <ul style="list-style-type: none"> <li>Leisure</li> <li>Wellness</li> <li>Cognitive</li> <li>Social</li> <li>Exercise</li> </ul>	
SUNDAY	MONDAY				TUESDAY	WEDNESDAY
		1	2	3	4	5
		9:30 Exercise * Ball Toss * 10:00 Smoothie Bar 10:30 Short Stories 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit 2:00 Tidbit Tuesdays 3:00 Afternoon Exercise 3:30 Grateful Project 5:00-8:00 Caregiver Activities*	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Anagrams & Word Games 12:00 TV Toons 1:45 Adventure out / Sing-a-long 3:00 Snack & Visit 3:30 Art Storytelling 5:00-8:00 Caregiver Activities*	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Chaplin Steve Visit 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit 2:00 Activity with Jacob 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 Word Games 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit 2:00 Activity with Jacob 3:00 Afternoon Exercise 3:30 Reminisce 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/Snack & Visit 2:00 Read a Book 2:30 Snack & Visit 3:00 Afternoon Exercise 5:00-8:00 Caregiver Activities*
	6	7	8	9	10	11
9:30 Sunday Stretching 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit 2:30 Snack & Visit 3:30 Afternoon Exercise 5:00-8:00 Caregiver Activities*	9:30 Exercise * Group Walk * 10:00 Donuts & Coffee 10:30 Cooking Time 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit 2:00 Singing Crossword 3:00 Afternoon Exercise 3:30 Fancy Fingers 5:00-8:00 Caregiver Activities*	9:30 Exercise * Ball Toss * 10:00 Smoothie Bar 10:30 Short Stories 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit 2:00 Tidbit Tuesdays 3:00 Afternoon Exercise 3:30 Grateful Project 5:00-8:00 Caregiver Activities*	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Anagrams & Word Games 12:00 TV Toons 1:45 Adventure out / Sing-a-long 3:00 Snack & Visit 3:30 Art Storytelling 5:00-8:00 Caregiver Activities*	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Chaplin Steve Visit 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit 2:00 Activity with Jacob 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 Word Games 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit 2:00 Activity with Jacob 3:00 Afternoon Exercise 3:30 Reminisce 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/Snack & Visit 2:00 Read a Book 2:30 Snack & Visit 3:00 Afternoon Exercise 5:00-8:00 Caregiver Activities*
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13	14	15	16	17	18	19
9:30 Sunday Stretching 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit	9:30 Exercise * Group Walk * 10:00 Donuts & Coffee 10:30 Cooking Time 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit	9:30 Exercise * Ball Toss * 10:00 Smoothie Bar 10:30 Short Stories 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Anagrams & Word Games 12:00 TV Toons 1:45 Adventure out / Sing-a-long	9:30 Exercise * Noodle Ball * 10:00 Tea Time 10:30 Chaplin Steve Visit 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit	9:30 Exercise * Group Walk * 10:00 Tea Time 10:30 Word Games 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit	9:30 Exercise * Ball Toss * 10:00 Tea Time 10:30 Village Church 12:00 TV Toons 1:00 1 on 1 Visit/Snack & Visit

2:30 Snack & Visit	2:00 Singing Crossword	2:00 Tidbit Tuesdays	3:00 Snack & Visit	2:00 Activity with Jacob	2:00 Activity with Jacob	2:00 Read a Book
3:30 Afternoon Exercise	3:00 Afternoon Exercise	3:00 Afternoon Exercise	3:30 Art Storytelling	2:30 Afternoon Exercise	3:00 Afternoon Exercise	2:30 Snack & Visit
	3:30 Fancy Fingers	3:30 Grateful Project			3:30 Reminisce	3:00 Afternoon Exercise
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*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
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 Smoothie Bar	10:00 Tea Time	10:00 Beauty Salon	10:00 Tea Time	10:00 Tea Time
10:30 Village Church	10:30 Cooking Time	10:30 Short Stories	10:30 Anagrams & Word Games	12:00 TV Toons	10:30 Word Games	10:30 Village Church
12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	Thanksgiving Dinner With Family 	12:00 TV Toons	12:00 TV Toons
1:00 1 on 1 Visit/Snack & Visit	1:00 1 on 1 Visit/Snack & Visit	1:00 1 on 1 Visit/Snack & Visit	1:45 Adventure out / Sing-a-long		1:00 1 on 1 Visit/Snack & Visit	1:00 1 on 1 Visit/Snack & Visit
2:30 Snack & Visit	2:00 Singing Crossword	2:00 Tidbit Tuesdays	3:00 Snack & Visit		2:00 Activity with Jacob	2:00 Read a Book
3:30 Afternoon Exercise	3:00 Afternoon Exercise	3:00 Afternoon Exercise	3:30 Art Storytelling		3:00 Afternoon Exercise	2:30 Snack & Visit
	3:30 Fancy Fingers	3:30 Grateful Project			3:30 Reminisce	3:00 Afternoon Exercise
5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	3:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			
9:30 Sunday Stretching	9:30 Exercise * Group Walk *	9:30 Exercise * Ball Toss *	9:30 Exercise * Noodle Ball *			 LIC#1640
10:00 Tea Time	10:00 Donuts & Coffee	10:00 Smoothie Bar	10:00 Tea Time			
10:30 Village Church	10:30 Cooking Time	10:30 Short Stories	10:30 Anagrams & Word Games			
12:00 TV Toons	12:00 TV Toons	12:00 TV Toons	12:00 TV Toons			
1:00 1 on 1 Visit/Snack & Visit	1:00 1 on 1 Visit/Snack & Visit	1:00 1 on 1 Visit/Snack & Visit	1:45 Adventure out / Sing-a-long			
2:30 Snack & Visit	2:00 Singing Crossword	2:00 Tidbit Tuesdays	3:00 Snack & Visit			
3:30 Afternoon Exercise	3:00 Afternoon Exercise	3:00 Afternoon Exercise	3:30 Art Storytelling			
	3:30 Fancy Fingers	3:30 Grateful Project				
5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*	5:00-8:00 Caregiver Activities*			