

Celebrate!

Birthdays

Erika Med Aide 2nd
Destinee Med Aide 28th



Anniversaries

Tom O' Donnell - Senior ED - 3 years on the 3rd


Vitality Theme:

"Good Health and Good sense
are two of life's greatest Blessings."
- Publilus Syrus

Salon Days

Our Stylist Alytza visits on Tuesdays
her hours are from 9am-11:30am
509-629-1017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY	1	2	3	4	5	6
Brain Games Puzzles, Word Games, & other Cognitive games Rise & Refuel Wake up call, hydration, & snack Room Visit 1-on-1 time with staff Tidbit Tuesday Activites & Games from Tidbits	8:00 Rose Parade 8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Afternoon Walk 2:00 Rise & Refuel 2:00 Donuts & Coffee 3:00 Crossword / Word search 5:00 Rose Bowl (ESPN)	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station Brain Games 12:00 Matinee Movie 1:00 Tidbit Tuesday 2:00 Rise & Refuel 3:00 Making Bread Tuesday Garlic Cheese Bread 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Resident Council 12:00 Matinee Movie 1:00 Hallway Sports 2:00 Rise & Refuel 2:30 Scenic Drive 3:30 Hydration Station 4:00 Evening Activity 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Chaplain Lloyd Visit 12:00 Matinee Movie 1:00 Room Visits/ 1 on 1 Visits 2:00 Birthday Party 3:00 Peanutbutter Birdfeeder 4:00 Evening Activity 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station Brain Games 12:00 Matinee Movie 1:00 White Board Games 2:00 Rise & Refuel - Popcorn 3:00 Movie Star BINGO 4:00 Evening Activity 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Village Church 12:00 TV Toons 1:00 Hot Tea & Chat 2:00 Rise & Refuel 3:00 Afternoon Art Project 4:00 Evening Activity 5:00 Evening Movie
7	8	9	10	11	12	13
9:30 Exercise (CH) 10:00 Hydration Station Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 Winter Crafts 2:00 Rise & Refuel: Popcorn 3:00 Hand Massages 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station 10:30 Fancy Nails 1:00 Afternoon Walk 2:00 Rise & Refuel 2:00 Donuts & Coffee 3:00 Crossword / Word search 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station Brain Games 12:00 Matinee Movie 1:00 Tidbit Tuesday 2:00 Rise & Refuel 3:00 Making Bread Tuesday Cinnamon Raisen Bread 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Hallway Sports 2:00 Rise & Refuel 2:30 Scenic Drive 3:30 Hydration Station 4:00 Evening Activity 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Chaplain Lloyd Visit 1:00 Exercise with Lori 2:00 New Resident Social 3:00 Card Games 4:00 Evening Activity 5:00 Evening Movie Party Miracle on 34th Street	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station Brain Games 12:00 Matinee Movie 1:00 White Board Games 2:00 Rise & Refuel - Popcorn 3:00 Animal BINGO 4:00 Evening Activity 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Village Church 12:00 TV Toons 1:00 Hot Tea & Chat 2:00 Rest & Refuel 3:00 Afternoon Art Project 4:00 Evening Activity 5:00 Evening Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
9:30 Exercise (CH)	8:00 Bible Study (CH)	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise	8:00 Bible Study (CH)	9:30 Exercise
Fruit Boost	9:30 Exercise	9:30 Exercise	10:00 Hydration Station	10:00 Hydration Station	9:30 Exercise	10:00 Hydration Station
Spiritual Eldercare (CH)	10:00 Hydration Station	10:00 Hydration Station	10:30 Fancy Nails	10:30 Chaplain Lloyd Visit	10:00 Hydration Station	10:30 Village Church
12:00 Matinee Movie	10:30 Fancy Nails	Brain Games	12:00 Matinee Movie	12:00 Matinee Movie	Brain Games	12:00 TV Toons
1:00 Winter Crafts	1:00 Afternoon Walk	12:00 Matinee Movie	1:00 Hallway Sports	1:00 Room Visits/ 1 on 1 Visits	12:00 Matinee Movie	1:00 Hot Tea & Chat
2:00 Rise & Refuel: Popcorn	2:00 Rise & Refuel	1:00 Tidbit Tuesday	2:00 Rise & Refuel	2:00 Veterans Social	1:00 White Board Games	2:00 Rise & Refuel
3:00 Hand Massages	2:00 Donuts & Coffee	2:00 Rise & Refuel	2:30 Scenic Drive	3:00 Dice Games	2:00 Rise & Refuel - Popcorn	3:00 Afternoon Art Project
5:00 Evening Movie	2:30 Memorial Service @ WLV	3:00 Making Bread Tuesday	3:30 Hydration Station	4:00 Evening Activity	3:00 Musical BINGO	4:00 Evening Activity
	5:00 Evening Movie	Carrot Cake	4:00 Evening Activity	5:00 Evening Movie	4:00 Evening Activity	5:00 Evening Movie
	Martin Luther King Jr. Day	5:00 Evening Movie	5:00 Evening Movie		5:00 Evening Movie	
21	22	23	24	25	26	27
9:30 Exercise (CH)	8:00 Bible Study (CH)	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise	8:00 Bible Study (CH)	9:30 Exercise
Fruit Boost	9:30 Exercise	9:30 Exercise	10:00 Hydration Station	10:00 Hydration Station	9:30 Exercise	10:00 Hydration Station
Spiritual Eldercare (CH)	10:00 Hydration Station	10:00 Hydration Station	10:30 Fancy Nails	10:30 Chaplain Lloyd Visit	10:00 Hydration Station	10:30 Village Church
12:00 Matinee Movie	10:30 Fancy Nails	Brain Games	12:00 Matinee Movie	12:00 Matinee Movie	Brain Games	12:00 TV Toons
1:00 Winter Crafts	1:00 Afternoon Walk	12:00 Matinee Movie	1:00 Hallway Sports	1:00 Room Visits/ 1 on 1 Visits	12:00 Matinee Movie	1:00 Hot Tea & Chat
2:00 Rise & Refuel: Popcorn	2:00 Rest & Refuel	1:00 Tidbit Tuesday	2:00 Rise & Refuel	2:00 Sports Social	1:00 White Board Games	2:00 Rest & Refuel
3:00 Hand Massages	2:00 Donuts & Coffee	2:00 Rise & Refuel	2:30 Scenic Drive	3:00 Board Games	2:00 Rise & Refuel - Popcorn	3:00 Afternoon Art Project
5:00 Evening Movie	3:00 Crossword / Word search	3:00 Making Bread Tuesday	3:30 Hydration Station	4:00 Evening Activity	3:00 Resident Picture BINGO	4:00 Evening Activity
	5:00 Evening Movie	Banana Bread	4:00 Evening Activity	5:00 Evening Movie	4:00 Evening Activity	5:00 Evening Movie
		5:00 Evening Movie	5:00 Evening Movie		5:00 Evening Movie	
28	29	30	31	Wellness Types	Meal Times	
9:30 Exercise (CH)	8:00 Bible Study (CH)	8:00 Bible Study (CH)	9:30 Exercise	Leisure	Breakfast Served 6:00-10:00	 1640 Durum Drive Walla Walla, WA. 99362 LIC# 1640
Fruit Boost	9:30 Exercise	9:30 Exercise	10:00 Hydration Station	Wellness		
Spiritual Eldercare (CH)	10:00 Hydration Station	10:00 Hydration Station	10:30 Fancy Nails			
12:00 Matinee Movie	10:30 Fancy Nails	Brain Games	12:00 Matinee Movie	Cognitive	Lunch Served at 11:30	
1:00 Winter Crafts	1:00 Afternoon Walk	12:00 Matinee Movie	1:00 Hallway Sports			
2:00 Rise & Refuel: Popcorn	2:00 Rest & Refuel	1:00 Tidbit Tuesday	2:00 Rise & Refuel	Social		
3:00 Hand Massages	2:00 Donuts & Coffee	2:00 Rise & Refuel	2:30 Scenic Drive			
5:00 Evening Movie	3:00 Crossword / Word search	3:00 Making Bread Tuesday	3:30 Hydration Station	Physical	Dinner Served at 4:30	
	5:00 Evening Movie	Zucchini Bread	4:00 Evening Activity			
		5:00 Evening Movie	5:00 Evening Movie			