

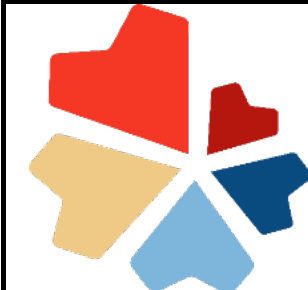



WHEATLAND VILLAGE A GENERATIONS COMMUNITY		January 2024				Assisted Living			
Vitality Theme: Wellbeing Checkup		Birthdays!				Location Guide			
“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.” – Greg Anderson		<div>Marilyn Holmes 1st Bill Eacret 2nd Mavis McCormack 2nd Toshiko Schuster 3rd Mary Barga 4th</div> <div></div> <div>Bill Gass 9th Wilmer Grams 9th Gary Telfer 16th Donald Klebe 20th Brenda White 21st</div> <div></div> <div>Lee Anne Lamadrid 22nd Donald Jordan 25th Betty Hair 27th Bonnie Stephens 29th Jim Williams 29th Robert Collins 30th</div>				<div>1st Floor W - West Entrance</div> <div>E - East Entrance</div> <div>VC - Vitality Center</div> <div>R - Restaurant</div> <div>GC - Golf Course</div> <div>Ch-Chapel P-Pool</div> <div>2nd Floor BC -Business Center</div> <div>LIB -Library</div> <div>2L -2nd Floor Lobby</div>		<div>BS-Beauty Salon</div> <div>2E-2nd Floor East Wing</div> <div>CON -Conference Room</div> <div>3rd Floor RR - Red Rooster</div> <div>GAM -Game Room</div> <div>TH -Movie Theater</div> <div>COM -Community room</div> <div>B-Balcony</div> <div>TBD-To Be Determined</div>	
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
	1	2	3	4	5	6			
<div><div>1500 Catherine Street Walla Walla, WA 99362</div></div>	9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Wellbeing Jar w/Peggy(2L) 2:00 Pool Walking + w/Linda 2:00 Dice Games (2L) 3:00 Chair movement w/Nick (2L) 4:00 Word Games w/ Nick (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Linda (CON) 1:00 Lincoln Logs w/Nick 2:00 Watercolors (2L) 3:00 Card games w/Peggy(2L) 3:00 Men's Poker (R)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:00 Dominos w/Nick (2L) 1:00 Cork Craft w/Peggy 3:00 Movie (TH) 3:15 Nails w/Peggy (2L) 3:00 card Games w/ Nick(2L) 6:00 Movie (Th)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Linda (CON) 1:30 Nails with Peggy (2L) 3:00 Movie (TH) 3:10 Wellbeing Jar check-in (2L)	9:00 Friday Shopping 9:30 Sound Audiology (GAM) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Dominos w/Peggy 2:30 Birthday Party (CON) 3:00 Movie (TH) 3:10 Wellbeing Jar check-in (2L) 6:30 Vespers (CH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Nick (2L) 2:00 Newspaper TidBit Time (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L) 6:00 Table Games (3L)			
7	8	9	10	11	12	13			
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Chair movement w/Nick (2L) 2:00 Hot drinks Chat and snack w Nick (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 11:00 Mending with Akiko(COM) 1:00 Five Second Game (2L) 1:15 Bible Class (CH) 2:00 Chair movement w/Nick (2L) 3:00 Group games w/Nick (2L) 3:30 card Games w/ Peggy(2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 12:00 Pianist Carolyn ® 1:00 Seated Stretching with Linda (CON) 1:00 Lincoln Logs w/Nick 1:30 Hangman (2L) 2:00 Watercolors (2L) 3:00 Men's Poker (R) 3:00 Hydrate +Refresh Wellbeing Jar check-in (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:00 Dominos w/Nick (2L) 2:30 Cork Craft w/Nick and Peggy (2L) 3:00 Movie (TH) 3:15 Nails w/Peggy (2L)	10:00 Exercise (CON) 10:00 Presbyterian Worship (CH) 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Linda (CON) 1:30 Nails with Peggy (2L) 3:00 Movie (TH) 2;30 Wellbeing Jar check-in (2L) 3:30 card Games w/ Peggy(2L)	8:00 Men's Breakfast 9:00 Friday Shopping 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:30 Lunch Bunch: TBD 1:00 Dominos w/Peggy 2:15 Chair movement w/peggy (2L) 3:00 Movie (TH) 3:10 Can craft w/Peggy(2L) 6:30 Vespers (CH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Nick (2L) 2:00 Newspaper TidBit Time (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L) 6:00 Table Games (3L)			

<div>  <div> WHEATLAND VILLAGE A GENERATIONS COMMUNITY </div> </div> <div>January 2024</div> <div>Assisted Living</div>						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
14	15	16	17	18	19	20
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Chair movement w/Nick (2L) 2:00 Hot drinks Chat and snack w Nick (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Five Second Game (2L) 1:15 Bible Class (CH) 2:00 Chair movement w/Nick (2L) 3:00 Group games w/Nick (2L) 3:30 card Games w/ Peggy	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Linda (CON) 1:00 Lincoln Logs w/Nick 1:30 Hangman (2L) 2:00 Watercolors (2L) 3:00 Men's Poker (R) 3:00 Hydrate +Refresh Wellbeing Jar check-in (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:00 Dominos w/Nick (2L) 2:00 New Resident Social (RR) 3:00 Flower Arranging (2L) 3:00 Movie (TH) 3:00 card Games (2L)	10:00 Exercise (CON) 10:00 Presbyterian Worship 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Linda (CON) 1:30 Nails with Peggy 3:00 Movie (TH) 3:10 Candy Dispenser Jar craft and paint with Peggy (2L)	9:00 Friday Shopping 9:30 WW Audiology (GAM) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Hangman (2L) 2:00 Dollar Store & Joann Outing 2:00 Chair movement w/peggy (2L) 3:00 Movie (TH) 3:10 Candy Dispenser Jar craft and paint with Peggy (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Nick (2L) 2:00 Newspaper TidBit Time (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L) 6:00 Table Games (3L)
21	22	23	24	25	26	27
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Chair movement w/Nick (2L) 2:00 Hot drinks Chat and snack w Nick (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Mending w/ Akiko (com) 1:00 Five Second Game (2L) 1:15 Bible Class (CH) 2:00 Chair movement w/Nick (2L) 3:00 Group games w/Nick (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Linda (CON) 1:00 Lincoln Logs w/Nick 1:30 Hangman (2L) 2:00 Watercolors (2L) 3:00 Men's Poker (R) 3:00 Tom's Town Hall (CON)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:00 Five Second Game (2L) 2:00 Cork Craft (2L) 3:00 Movie (TH) 3:15 Nails w/Peggy (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Episcopal Service (CH) 11:30 AL Resident Council (con) 1:00 Seated Stretching with Linda (CON) 3:00 Movie (TH) 3:10 Candy Dispenser Jar craft and paint with Peggy (2L)	9:00 Friday Shopping 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Dominos w/Peggy (2L) 2:00 Chair movement w/peggy (2L) 3:00 Movie (TH) 3:10 Candy Dispenser Jar(2L) 4:00 Wolf Creek Band 6:30 Vespers (CH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Nick (2L) 2:00 Newspaper Tidbit Time (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L) 6:00 Table Games (3L)
28	29	30	31			
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Chair movement w/Nick (2L) 2:00 Hot drinks Chat and snack w Nick (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Five Second Game (2L) 1:15 Bible Class (CH) 2:00 Chair movement w/Nick (2L) 3:00 Group games w/Nick (2L)	8:30 Coffee & Donuts (2L) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Linda (CON) 1:30 Hangman (2L) 2:00 Watercolors (2L) 3:00 Hydrate +Refresh (2L) 3:00 Men's Poker (R)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive(W) 1:00 Dominos (2L) 2:00 Cork Craft (2L) 3:00 Movie (TH) 3:15 Nails w/Peggy (2L) 4:45 Dinner Dash TBD			