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**Vitality Theme: Wellbeing Checkup**

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“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
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**January 2024**

**Birthdays!**

- Marilyn Holmes 1st
- Bill Eacret 2nd
- Mavis McCormack 2nd
- Toshiko Schuster 3rd
- Mary Barga 4th
- Bill Gass 9th
- Wilmer Grams 9th
- Gary Telfer 16th
- Donald Klebe 20th
- Brenda White 21st
- Lee Anne Lamadrid 22nd
- Donald Jordan 25th
- Betty Hair 27th
- Bonnie Stephens 29th
- Jim Williams 29th
- Robert Collins 30th

**1st Floor**
- **W** - West Entrance
  - BS - Beauty Salon
  - 2E - 2nd Floor East Wing
  - E - East Entrance
  - VC - Vitality Center
  - R - Restaurant
  - GC - Golf Course
  - Ch - Chapel
  - P - Pool
  - TH - Movie Theater
  - CON - Conference Room
  - GM - Game Room
  - COM - Community Room
  - LIB - Library
  - B - Balcony
  - 2L - 2nd Floor Lobby

**2nd Floor**
- BC - Business Center

**3rd Floor**
- RR - Red Rooster
- GC - Golf Course
- GAM - Game Room
- VC - Vitality Center

**Location Guide**

1500 Catherine Street
Walla Walla, WA 99362

**SUNDA**
- 10:00 Methodist Church
- Call 525-1870 to Schedule Pick-up
- 10:30 Catholic Service (CH)
- 10:40 Candy Bingo (CON)
- 10:00 Exercise (CON)

**MONDAY**
- 10:00 Walmart / Andy's (W)
- 10:00 Exercise (CON)
- 10:40 Candy Bingo (CON)
- 1:00 Seated Stretching with Linda (CON)

**TUES**
- 9:00 Walmart / Andy's (W)
- 10:00 Exercise (CON)
- 10:40 Candy Bingo (CON)
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**WEDNESDAY**
- 9:00 Methodist Church
- Call 525-1870 to Schedule Pick-up
- 10:00 Exercise (CON)
- 10:40 Candy Bingo (CON)
- 11:00 Scenic Drive (W)
- 1:00 Dominos w/Nick (2L)

**THURSDAY**
- 9:00 Walmart / Andy's (W)
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**Assisted Living**

```
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**January 2024**

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