




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		Birthdays!			Location Guide	
		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	<u>1st Floor</u> W - West Entrance E - East Entrance VC - Vitality Center R - Restaurant GC - Golf Course Ch-Chapel P-Pool <u>2nd Floor</u> BC -Business Center LIB -Library 2L -2nd Floor Lobby	BS-Beauty Salon 2E-2nd Floor East Wing CON -Conference Room <u>3rd Floor</u> RR - Red Rooster GAM -Game Room TH -Movie Theater COM -Community room B-Balcony TBD-To Be Determined
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
 1500 Catherine Street Walla Walla, WA 99362	9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:15 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:00 Pool Walking + w/Linda	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Seated Stretching w/Linda 1:00 Pinochle (GAM) 1:00 Board Games (2L) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Men's Poker (R)	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:00 Dominos (2L) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Nails w/Peggy 6:00 Movie	8:00 Water Aerobics 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Linda 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:10 Can craft w/Peggy (2L)	9:00 Friday Shopping 9:30 Sound Audiology (GAM) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:30 Birthday Party (CON) 3:00 Movie (TH) 3:30 Two Bit Bingo (CON) 6:30 Vespers (CH)	10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Nick (2L) 1:30 UNO (Gam) 2:00 Newspaper Tidbit Time (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L) 6:00 Table Games (3L) 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 Hand & Foot (GAM) 1:00 Chair movement w/Nick (2L) 2:00 Hot drinks Chat and snack w Nick (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Word Games w/ Nick	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(COM) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:15 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:00 Pool Walking + w/Linda 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:00 Pianist Carolyn 12:15 Watercolor (COM) 1:00 Seated Stretching w/Linda 1:00 Pinochle (GAM) 1:00 Board Games (2L) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Men's Poker (R)	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:00 Dominos (2L) 2:30 Cork Craft w/ Peggy (2L) 3:00 Candy BINGO (COM) 3:00 Resident Council Meeting 3:00 Movie (TH) 3:15 Nails w/Peggy	8:00 Water Aerobics (Pool) 10:00 Presbyterian Worship (CH) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Linda 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:10 Can craft w/Peggy (2L)	8:00 Men's Breakfast (COM) 9:00 Friday Shopping 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 11:45 Lunch Bunch: TBD 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:30 Vespers (CH)	10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Nick (2L) 1:30 UNO (Gam) 2:00 Newspaper Tidbit Time (2L) 3:00 Movie (TH) 3:15 Word Games w/ Nick (2L) 6:00 Table Games (3L)



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 Hand & Foot (GAM) 1:00 Chair movement w/Nick (2L) 2:00 Hot drinks Chat and snack w Nick (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Word Games w/ Nick	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Bible Class (CH) 1-5 Medical Transport 1:15 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:00 Pool Walking + w/Linda 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Seated Stretching w/Linda 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Men's Poker (R) 3:00 Tom's Town Hall	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:00 Floral Arranging (COM) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:00 Dominos (2L) 2:00 New Resident Social (RR) 3:00 Movie (TH) 3:00 Candy BINGO (COM) 3:15 Nails w/Peggy 6:30 Card making w/Evie (COM)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Episcopal Service (CH) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Linda 2:30 Rick Doyle on Guitar ® 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:10 Candy Dispenser Jar craft and paint with Peggy (2L)	9:00 Friday Shopping 9:30~ WW Audiology 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Dollar Store & JoAnn Trip (W) 2:30 Veteran's Hour (CON) 3:30 Two Bit Bingo (CON) 3:00 Movie (TH) 6:30 Vespers (CH)	10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Card making w/Evie (COM) 1:00 Crosswords w/Nick (2L) 1:30 UNO (Gam) 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 Hand & Foot (GAM) 1:00 Chair movement w/Nick (2L) 2:00 Hot drinks Chat and snack w Nick (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(COM) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:15 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Seated Stretching w/Linda 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Men's Poker (R) 6:15 Symphony Concert outing	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:00 Dominos (2L) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Nails w/Peggy	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Linda 1:30 Scrabble (2L) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:00 Card making w/Evie (COM) 3:10 Candy Jar craft w/Peggy	8-12 Love it or Leave it. (2Hall) 9:00 Friday Shopping 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Goodwill & Mall Trip (W) 3:00 Two Bit Bingo (CON) 4:00 Wolf Creek Band 6:30 Vespers (CH)	10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Nick (2L) 1:30 UNO (Gam) 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 Hand & Foot (GAM) 1:00 Chair movement w/Nick (2L) 2:00 Hot drinks Chat and snack w Nick (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 11:30 PEO Luncheon (COM) 1:00-3:00 Craft & Chat (COM) 1:00 Chair movement w/Nick (2L) 2:00 Pool Walking + w/Linda 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 8:30 Coffee & Donuts (COM) 10:30 Book Club (COM) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Men's Poker (R)	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:00 Dominos (2L) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Nails w/Peggy 4:45 Dinner Dash TBD			