

Celebrate!

Staff Birthdays

Janes - RCC - 7th
Brenda - Housekeeping - 9th
Manny - Culinary Director - 12th
Teresa_ Med Aide - 13th
Cassandra - Caregiver - 24th



Anniversaries

Melissa - Vitality Coordinator - 6 years


Vitality Theme: Acts of Kindness

“A single act of kindness throws out roots in all directions and the roots spring up and make new trees.”
Amelia Earhart

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	Hydration Station	Science Friday		1	2	3
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	<u>Fruit infused water</u> at 10 am & 2 pm Everyday & 5:20 pm Wed - Sat	Start making different things to increase strength and more hand movements		8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station 10:30 Chaplain Lloyd Visit 12:00 Matinee Movie 1:00 Room Visits 2:00 Birthday Party 3:00 Scrapbooking 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 Acts of Kindness 2:00 Rise & Refuel - Popcorn 3:00 Card Games 4:00 Make Play dough 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Village Church 12:00 Matinee Movie 1:00 BINGO 2:00 Rise & Refuel 3:00 Sip & Paint 4:00 Evening Activity 5:00 Evening Movie
4	5	6	7	8	9	10
9:30 Exercise (CH) 10:00 Hydration Station Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 This Day in History 2:00 Rise & Refuel: Popcorn 3:00 Valentine's Day Crafts 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Hallway Walks 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Room Visits 2:00 Rest & Refuel 2:00 Donuts & Coffee 3:00 Coloring / Puzzles 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 Cheese & Herb Bread w/ Butter 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Resident Council 12:00 Matinee Movie 1:00 Floral Arranging 2:00 Rise & Refuel 2:30 Scenic Drive 3:30 Hydration Station 4:00 Evening Activity 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station 10:30 Chaplain Lloyd Visit 12:00 Matinee Movie 1:00 Room Visits 2:00 New Resident Social 3:00 Scrapbooking 4:00 Evening Activity 5:00 Evening Movie Party	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station Brain Games 12:00 Matinee Movie 1:00 Acts of Kindness 2:00 Rise & Refuel - Popcorn 3:00 White Board Games 4:00 Make Flubber 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Village Church 12:00 Matinee Movie 1:00 BINGO 2:00 Rest & Refuel 3:00 Sip & Paint 4:00 Evening Activity 5:00 Evening Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 This Day in History 2:00 Rise & Refuel: Popcorn 3:00 Valentine's Day Crafts 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Hallway Walks 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Room Visits 2:00 Rest & Refuel 2:00 Donuts & Coffee 3:00 Coloring / Puzzles 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 Red Velvet Cake 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Valentine's Day Party 2:00 Rise & Refuel 2:30 Scenic Drive 3:30 Hydration Station 4:00 Evening Activity 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station 10:30 Chaplain Lloyd Visit 12:00 Matinee Movie 1:00 Room Visits 2:00 Veterans Social 3:00 Scrapbooking 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 Acts of Kindness 2:00 Rise & Refuel - Popcorn 3:00 Card Games 4:00 Make Slime 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Village Church 12:00 Matinee Movie 1:00 BINGO 2:00 Rise & Refuel 3:00 Sip & Paint 4:00 Evening Activity 5:00 Evening Movie
18	19	20	21	22	23	24
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 This Day in History 2:00 Rise & Refuel: Popcorn 3:00 Valentine's Day Crafts 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Hallway Walks 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Room Visits 2:00 Rest & Refuel 2:00 Donuts & Coffee 3:00 Coloring / Puzzles 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 Sprite Biscuits & Making Jam 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Floral Arranging 2:00 Rise & Refuel 2:30 Scenic Drive 3:30 Hydration Station 4:00 Evening Activity 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Exercise 10:00 Hydration Station 10:30 Chaplain Lloyd Visit 12:00 Matinee Movie 1:00 Room Visits 2:00 Sports Social 3:00 Scrapbooking 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 Acts of Kindness 2:00 Rise & Refuel - Popcorn 3:00 White Board Games 4:00 Make Gak 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Village Church 12:00 Matinee Movie 1:00 BINGO 2:00 Rest & Refuel 3:00 Sip & Paint 4:00 Evening Activity 5:00 Evening Movie
25	26	27	28	Wellness Types	Meal Times	
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 This Day in History 2:00 Rise & Refuel: Popcorn 3:00 Valentine's Day Crafts 5:00 Evening Movie	8:00 Bible Study (CH) 9:30 Hallway Walks 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Room Visits 2:00 Rest & Refuel 2:00 Donuts & Coffee 3:00 Coloring / Puzzles 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 English Muffin Bread 5:00 Evening Movie	9:30 Exercise 10:00 Hydration Station 10:30 Fancy Nails 12:00 Matinee Movie 1:00 Floral Arranging 2:00 Rise & Refuel 2:30 Scenic Drive 3:30 Hydration Station 4:00 Evening Activity 5:00 Evening Movie	Leisure Wellness Cognitive Social Physical	Breakfast Served 6:00-10:00 Lunch Served at 11:30 Dinner Served at 4:30	 1640 Durum Drive Walla Walla, WA. 99362 LIC# 1640