

Vitality Theme: Move More!

Birthdays!

Location Guide


"Exercise not only tones the muscles, but also refines the brain and revives the soul."
 -Michael Treanor

Cecil Fletcher 1st	Carolyn Hendricks 7th	Jim Clapp 22nd
Jean Stahlberg 2nd	Betty Widmayer 7th	Luanne Billings 22nd
John Edwards 3rd	Marion Inglis 7th	Delores Bennington 22nd
Dorothy Hockett 5th	Juanita Bolton 12th	Len Issacs 22nd
Rosalie Blue 6th	Lois Carscallen 14th	Marlene Fields 25th
	Linda Stonecipher 21st	Mike Donahue 26th
		Arvin Dougall 31st



W - West Entrance	BS-Beauty Salon
CH - Chapel	2E-2nd Floor East Wing
R - Restaurant	COM -Community Room
VC - Vitality Center	RR - Red Rooster
GC - Golf Course	GAM -Game Room
E - East Entrance	TH -Movie Theater
BC -Business Center	CON -Conference Room
LIB -Library	P-Patio/Pool
2L -2nd Floor Lobby	TBD-To Be Determined

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Wellness Key	Transportation	Transportation	1	2	3	4
Physical Social Spiritual Intellectual Environmental 1500 Catherine Street Walla Walla, WA. 99362  LIC# 1640	Shopping Mondays 9:00 Walmart & Andy's Fridays 9:00 Bi-Mart & Safeway Super 1 & Grocery Outlet	Medical Transport Mondays 1:00 PM-5:00PM Tuesdays 8:00 AM-5:00PM Thursdays 8:00 AM-5:00PM Independent BINGO 2 Bit (CON) Sun, Mon, & Fri at 3:00 Candy (COM) Wed at 3:00	9:30 Morning Call/1 on 1 10:00 Exercise with Sarah 11:00 Scenic Drive W Touchet 1:00 Making Snacks (2L) 2:30 Fancy Fingers* 2L with Vitality and Care Staff	9:00 Morning Call/1 on 1 10:00 Exercise with Melissa 10:30 Candy Bingo (CON) 1:00 Stencil Painting 2:30 Afternoon Call/1 on 1 3:00 Poker & Snacks 6:00 Rummikub (3L) <i>Read Across America</i>	9:00 Safeway/ BiMart (W) 9:00 Morning Call/1 on 1 9:30 Sound Audiology GAM 10:00 Exercise with Sarah 10:30 Coffee & Chat (2L) 1:00 Shoulder Massages 2L 1:30 Sound Bath (VC) 2:30 Birthday Party 6:30 Vespers (CH)	10:00 Exercise with Grace* 10:30 Bingo with Grace* 2L 11:00 Village Church (TH) 1:00 Afternoon Call/1 on 1 3:00 Painting
5	6	7	8	9	10	11
10:00 Exercise with Grace (2L) 10:30 Catholic Service (CH) 10:30 Candy Bingo (CON) 1:00 Afternoon Call/1 on 1 2:30 Craft & Snack with Grace 6:00 Rummikub (3L)	8:30 Coffee & Donuts 2L 9:00 Walmart / Andy's W 10:00 Exercise with Sarah 10:30 Candy Bingo (CON) 10:30 Mexican Train (GAM) 11:00 Mending (COM) 1:00 Bible Class CH 1:00 Hand Massages 3:00 Ceramic Painting 2L	9:00 Morning Call/1 on 1 Activity packets & Newsletters 10:00 Exercise with Melissa 10:30 Card Making 1:00 Make a Sensory Bottle 2:30 Afternoon Call/1 on 1 3:00 Baking/Cooking: Making Yogurt	9:30 Morning Call/1 on 1 10:00 Exercise with Sarah 11:00 Scenic Drive W Middle Waitsburg Road Drive 1:00 Making Snacks (2L) 2:30 Afternoon Call/1 on 1 2:30 Fancy Fingers* 2L with Vitality and Care Staff	9:00 Morning Call/1 on 1 10:00 Exercise with Melissa 10:00 Presbyterian Services 10:30 Candy Bingo (CON) 1:00 Stencil Painting 2:30 Afternoon Call/1 on 1 3:00 Poker & Snacks 3:00 Bob Freeman Presentation WW History from 1927-1945	8:00 Men's Breakfast 9:00 Super 1/Grocery Outlet (W) 10:00 Exercise with Sarah 10:30 Coffee & Chat (2L) 1:00 Shoulder Massages 2L 1:30 Sound Bath (VC) 2:30 Afternoon Call/1 on 1 4:00 Sip & Paint (VC) 6:30 Vespers (CH)	10:00 Exercise with Grace* 10:30 Bingo with Grace* 2L 11:00 Village Church (TH) 1:00 Afternoon Call/1 on 1 3:00 Painting

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
10:00 Exercise with Grace (2L) 10:30 Catholic Service (CH) 10:30 Candy Bingo (CON) 1:00 Afternoon Call/1 on 1 2:30 Craft & Snack with Grace <i>Daylight Savings</i>	8:30 Coffee & Donuts 2L 9:00 Walmart / Andy's W 10:00 Exercise with Sarah 10:30 Candy Bingo (CON) 10:30 Mexican Train (GAM) 11:00 Crochet Class (COM) 1:00 Bible Class CH 1:00 Hand Massages 3:00 Ceramic Painting 2L	9:00 Morning Call/1 on 1 Activity packets & Newsletters 10:00 Exercise with Melissa 10:30 Card Making 1:00 St. Paddy's Craft 2:30 Afternoon Call/1 on 1 3:00 Baking/Cooking: Irish Soda Bread	9:30 Morning Call/1 on 1 10:00 Exercise with Sarah 11:00 Scenic Drive W John Wheatland Bakery 1:00 Making Snacks (2L) 2:30 Floral Arranging 2:30 Afternoon Call/1 on 1 2:30 Fancy Fingers* 2L with Vitality and Care Staff	9:00 Morning Call/1 on 1 10:00 Exercise with Melissa 10:30 Candy Bingo (CON) 11:00 Episcopal Service-CH 1:00 Stencil Painting 1:00 Hammer Dulcimer Musician (R) 2:30 Afternoon Call/1 on 1 3:00 Poker & Snacks 6:00 Rummikub (3L)	9:00 Safeway/ BiMart (W) 9:00 Morning Call/1 on 1 9:30-11:00 WW Aud. (GAM) 10:00 Exercise with Sarah 10:30 Coffee & Chat (2L) 1:00 Shoulder Massages 2L 1:30 Sound Bath (VC) 2:30 St. Pat's Day Potluck (CON) 6:30 Vespers (CH)	10:00 Exercise with Grace* 10:30 Bingo with Grace* 2L 11:00 Village Church (TH) 1:00 Afternoon Call/1 on 1 3:00 Painting
19	20	21	22	23	24	25
10:00 Exercise with Grace (2L) 10:30 Catholic Service (CH) 10:30 Candy Bingo (CON) 1:00 Afternoon Call/1 on 1 2:30 Craft & Snack with Grace	8:30 Coffee & Donuts 2L 9:00 Walmart / Andy's W 10:00 Exercise with Sarah 10:30 Candy Bingo (CON) 10:30 Mexican Train (GAM) 11:00 Mending (COM) 1:00 Bible Class CH 1:00 Hand Massages 3:00 Ceramic Painting 2L	9:00 Morning Call/1 on 1 Activity packets & Newsletters 10:00 Exercise with Melissa 10:30 Card Making 1:00 Cork Art 2L 2:30 Afternoon Call/1 on 1 3:00 Baking/Cooking: Irish Apple Cake 3:00 Tom's Town Hall	9:30 Morning Call/1 on 1 10:00 Exercise with Sarah 11:00 Scenic Drive W Mill Creek Drive 1:00 Making Snacks (2L) 2:00 Free Ice Cream (RR) 2:30 New Resident Social	9:00 Morning Call/1 on 1 10:00 Exercise with Melissa 10:30 Candy Bingo (CON) 1:00 Stencil Painting 2:30 Afternoon Call/1 on 1 3:00 Poker & Snacks 5:00 Singer Chris Anderson (R) 6:00 Rummikub (3L)	9:00 Super 1/Grocery Outlet (W) 9:00 Morning Call/1 on 1 10:00 Exercise with Sarah 10:30 Coffee & Chat (2L) 1:00 Shoulder Massages 2L 1:30 Sound Bath (VC) 2:30 Veterans Social CON 6:30 Vespers (CH)	10:00 Exercise with Grace* 10:30 Bingo with Grace* 2L 11:00 Village Church (TH) 1:00 Afternoon Call/1 on 1 3:00 Painting
26	27	28	29	30	31	COVID Guidelines
10:00 Exercise with Grace (2L) 10:30 Catholic Service (CH) 10:30 Candy Bingo (CON) 1:00 Afternoon Call/1 on 1 2:30 Craft & Snack with Grace	8:30 Coffee & Donuts 2L 9:00 Walmart / Andy's W 10:00 Exercise with Sarah 10:30 Candy Bingo (CON) 11:30 PEO Luncheon 1:00 Bible Class CH 1:00 Hand Massages 2:30 Musician Rick Doyle (R) 3:00 Ceramic Painting 2L	9:00 Morning Call/1 on 1 Activity packets & Newsletters 10:00 Exercise with Melissa 10:30 Card Making 1:00 Coloring 2:30 Afternoon Call/1 on 1 3:00 Baking/Cooking: Coffee Cake	9:30 Morning Call/1 on 1 10:00 Exercise with Sarah 11:00 Scenic Drive W Dayton Drive 1:00 Making Snacks (2L) 2:30 Afternoon Call/1 on 1 2:30 Fancy Fingers* 2L 4:45 Dinner Dash: Walla Walla Indian Cuisine	9:00 Morning Call/1 on 1 10:00 Exercise with Melissa 10:30 Candy Bingo (CON) 11:00 Resident Council (CON) 1:00 Stencil Painting 2:30 Afternoon Call/1 on 1 3:00 Poker & Snacks 6:00 Rummikub (3L)	8-12 Love It or Leave It 9:00 Safeway/ BiMart (W) 9:00 Morning Call/1 on 1 10:00 Exercise with Sarah 10:30 Coffee & Chat (2L) 1:00 Shoulder Massages 2L 1:30 Sound Bath (VC) 2:30 Afternoon Call/1 on 1 6:30 Vespers (CH)	 ALL ACTIVITIES ARE SUBJECT TO CHANGE PER CDC AND DSHS GUIDELINES 