

Vitality Theme: Move More!

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

Birthdays!

Cecil Fletcher 1st
Jean Stahlberg 2nd
John Edwards 3rd
Dorothy Hockett 5th
Rosalie Blue 6th

Carolyn Hendricks 7th
Betty Widmayer 7th
Marion Inglis 7th
Juanita Bolton 12th
Lois Carscallen 14th
Linda Stonecipher 21st



Jim Clapp 22nd
Luanne Billings 22nd
Delores Bennington 22nd
Len Issacs 22nd
Marlene Fields 25th
Mike Donahue 26th
Arvin Dougall 31st

Location Guide

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

1

2

3

4

Physical

Social

Spiritual

Intellectual

Environmental

ALL ACTIVITIES ARE SUBJECT TO CHANGE PER CDC AND DSHS GUIDELINES OR DUE TO INCLIMATE WEATHER

Medical Transport
Mondays 1:00 PM-5:00PM
Tuesdays 8:00 AM-5:00PM
Thursdays 8:00 AM-5:00PM

Shopping
Mondays 9:00
Walmart & Andy's
Fridays 9:00
Bi-Mart & Safeway
Super 1 & Grocery Outlet

8:30 Senior Living Outing (W)
Mill Creek Walk
9:00 Water Aerobics (P)
11:15 Balance & Strength (VC)
1:00 Hand & Foot (GAM)
3:00 Candy BINGO (COM)

11:15 Stretch & Release (VC)
1:00 Pinochle (GAM)
2:00 Domino Games (GAM)
3:00 Skip-Bo (GAM)
3:00 Craft with Grace
Jewelry Resin Work
6:00 Rummikub (3L)
Read Across America

9:00 Super 1 / Grocery Outlet
9:00 Water Aerobics (P)
9:30-11:00 Sound Audiology (GAM)
11:15 Balance & Strength (VC)
1:30 Bridge (GAM)
1:30 Meditation & Sound Bath (VC)
2:30 Birthday Party (CON)
3:30 Two Bit Bingo (CON)
3:45 Whitman Music (W)
6:30 Vespers (CH)

11:00 Village Church (TH)
1:30 UNO (Gam)
2:00 Domino Games (GAM)
6:00 Table Games (3L)

5

6

7

8

9

10

11

10:00 Methodist Church
Call 525-1870 to Schedule Pick-up
10:30 Catholic Service (CH)
1:00 Hand & Foot (GAM)
3:00 Two Bit Bingo (CON)
6:00 Rummikub (3L)

8:30 Coffee & Donuts (COM)
9:00 Water Aerobics (P)
9:00 Walmart / Andy's (W)
11:00 Mending with Akiko (COM)
11:15 Balance & Strength (VC)
1:00 Bible Class (CH)
1:00-3:00 Craft & Chat (COM)
1:30 Bridge (GAM)
3:00 Two Bit Bingo (CON)

11:15 Stretch & Release (VC)
12:15 Watercolor (COM)
1:00 Pinochle (GAM)
2:00 Domino Games (GAM)
3:00 Skip-Bo (GAM)


8:30 Senior Living Outing (W)
John Wheatland Bakery
9:00 Water Aerobics (P)
11:15 Balance & Strength (VC)
1:00 Hand & Foot (GAM)
3:00 Resident Council Meeting

Holi

10:00 Presbyterian Worship (CH)
11:15 Stretch & Release (VC)
1:00 Pinochle (GAM)
2:00 Domino Games (GAM)
3:00 Skip-Bo (GAM)
3:00 Bob Freeman Presentation: Personal Highlights of Walla Walla History from 1927 TO 1945 (CON)
6:00 Rummikub (3L)

8:00 Men's Breakfast (CON)
9:00 Water Aerobics (P)
9:00 Bi-Mart / Safeway
11:15 Balance & Strength (VC)
11:45 Lunch Bunch: (W) Big House Brew Pub
1:30 Bridge (GAM)
1:30 Meditation & Sound Bath (VC)
3:00 Two Bit Bingo (CON)
4:00 Sip & Paint with Jess (VC)
6:30 Vespers (CH)

11:00 Village Church (TH)
1:30 UNO (Gam)
2:00 Domino Games (GAM)
6:00 Table Games (3L)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L) <i>Daylight Savings</i>	8:30 Coffee & Donuts (COM) 9:00 Water Aerobics (P) 9:00 Walmart / Andy's (W) 11:00 Crochet with Akiko (COM) 11:15 Balance & Strength (VC) 1:00 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	11:15 Stretch & Release (VC) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing (W) Whitman Mission Walk 9:00 Water Aerobics (P) 10:30 Floral Arranging (CON) 11:15 Balance & Strength (VC) 1:00 Hand & Foot (GAM) 3:00 Candy BINGO (COM) 3:00 WWPL: Free Seed Event Transportation	11:00 Episcopal Service (CH) 11:15 Stretch & Release (VC) 1:00 Pinochle (GAM) 1:00 Hammer Dulcimer Musician Lawrence Huntly (R) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Craft with Evie Easter Cards 6:00 Rummikub (3L)	9:00 Super 1 / Grocery Outlet 9:00 Water Aerobics (P) 9:30-11:00 WW Audiology (GAM) 11:15 Balance & Strength (VC) 1:30 Bridge (GAM) 1:30 Meditation & Sound Bath (VC) 2:30 St. Patrick's Day Potluck (CON) 3:30 Two Bit Bingo (CON) 6:30 Vespers (CH) <i>St. Patrick's Day</i>	11:00 Village Church (TH) 1:30 UNO (Gam) 2:00 Domino Games (GAM) 6:00 Table Games (3L)
19	20	21	22	23	24	25
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L)	8:30 Coffee & Donuts (COM) 9:00 Water Aerobics (P) 9:00 Walmart / Andy's (W) 11:00 Mending with Akiko (COM) 11:15 Balance & Strength (VC) 1:00 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) <i>First Day of Spring</i>	11:15 Stretch & Release (VC) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Tom's Town Hall	8:30 Senior Living Outing (W) Wee Bit O'Heather 9:00 Water Aerobics (P) 11:15 Balance & Strength (VC) 1:00 Hand & Foot (GAM) 2:00 Free Ice Cream! (RR) 2:30 New Resident Social (RR) 3:00 Candy BINGO (COM) <i>Ramadan Starts</i>	11:15 Stretch & Release (VC) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Craft with Evie Washcloth Bunnies 5:00 Singer Chris Anderson (R) 6:00 Rummikub (3L)	9:00 Bi-Mart / Safeway 9:00 Water Aerobics (P) 11:15 Balance & Strength (VC) 1:30 Bridge (GAM) 1:30 Meditation & Sound Bath (VC) 2:30 Veterans Social (CON) 3:30 Two Bit Bingo (CON) 6:30 Vespers (CH)	11:00 Village Church (TH) 1:30 UNO (Gam) 2:00 Domino Games (GAM) 6:00 Table Games (3L)
26	27	28	29	30	31	
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L)	8:30 Coffee & Donuts (COM) 9:00 Water Aerobics (P) 9:00 Walmart / Andy's (W) 11:30 PEO Luncheon (COM) 11:15 Balance & Strength (VC) 1:00 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:30 Musician Rick Doyle (R) 3:00 Two Bit Bingo (CON)	10:30 Book Club (COM) 11:15 Stretch & Release (VC) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 6:30 WW Symphony Series: For the Love of Opera Transportation (W)	8:30 Senior Living Outing (W) Walla Walla Tree Walk 9:00 Water Aerobics (P) 11:15 Balance & Strength (VC) 1:00 Hand & Foot (GAM) 3:00 Candy BINGO (COM) 4:45 Dinner Dash: Walla Walla Indian Cuisine	11:15 Stretch & Release (VC) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Craft with Evie Origami Easter Basket Decoration 6:00 Rummikub (3L)	8:00-12:00 Love it or Leave it 9:00 Water Aerobics (P) 9:00 Super 1 / Grocery Outlet 9:30 WW Clinic Audio. (GAM) 11:15 Balance & Strength (VC) 1:30 Bridge (GAM) 1:30 Meditation & Sound Bath (VC) 2:00 Goodwill Trip (W) 3:00 Two Bit Bingo (CON) 6:30 Vespers (CH)	 1500 Catherine Street Walla Walla, WA 99362 LIC# 1640