

Celebrate!

Birthdays

John P. 13th

Pat C. 14th

David B. 21st

Carolyn K. 30th

Anniversaries

3/7 Giovanni Baza 1 Year

3/29 Claudia Flores 2 Years



Vitality Theme: Move More

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

-Michael Treanor

Salon Days

Stylist Sarahi visits on Mondays

To Schedule an appointment please call Sarahi at (509) 629-0926

Wellness Types

- Leisure
- Wellness
- Cognitive
- Social
- Exercise

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

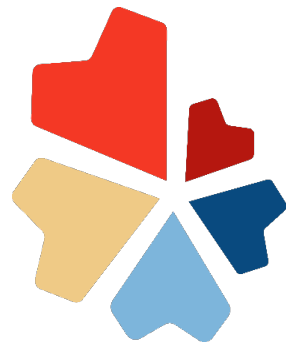
SATURDAY

1

2

3

4



Breakfast
6:00-10:00

Lunch Served
at 11:30

Dinner Served
at 4:30

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
Brain Train
12:00 TV Toons
1:45 Adventure out
2:00 Rise & Refuel
3:00 1 on 1/ Small Group Time

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
10:30 Chaplin Steve Visit
12:00 TV Toons
1:00 1 on 1/ Small Group Time
2:00 Rise & Refuel
3:00 Sip & Paint

Read Across America

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
Brain Train
12:00 TV Toons
1:00 1 on 1/ Small Group Time
2:00 Rise & Refuel
3:00 Stencil Painting

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
10:30 Village Church
12:00 TV Toons
1:00 1 on 1/ Small Group Time
2:00 Rise & Refuel
3:00 Afternoon Art

5

6

7

8

9

10

11

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
Spiritual Eldercare
12:00 TV Toons
1:00 1 on 1/ Small Group Time
2:00 Sing Along
2:00 Rise & Refuel
3:00 Art History

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
Brain Train
12:00 TV Toons
1:00 1 on 1/ Small Group Time
2:00 Donuts & Coffee
3:00 Baking & History
Irish Apple Cake

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
Resident Council
12:00 TV Toons
1:00 1 on 1/ Small Group Time
Tidbit Tuesday
2:00 Rise & Refuel
3:00 Reminisce

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
Brain Train
12:00 TV Toons
1:45 Adventure out
2:00 Rise & Refuel
3:00 1 on 1/ Small Group Time

Holi

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
10:30 Chaplin Steve Visit
12:00 TV Toons
1:00 1 on 1/ Small Group Time
2:00 Rise & Refuel
3:00 Sip & Paint

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
Brain Train
12:00 TV Toons
1:00 1 on 1/ Small Group Time
1:45 Adventure out
2:00 Rise & Refuel
3:00 Stencil Painting

9:30 Exercise
Warm up & Game
Fruit Boost (Hydration & Snack)
10:30 Village Church
12:00 TV Toons
1:00 1 on 1/ Small Group Time
2:00 Rise & Refuel
3:00 Afternoon Art

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
9:30 Exercise Warm up & Game Fruit Boost (Hydration & Snack) Spiritual Eldercare 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Sing Along 2:00 Rise & Refuel 3:00 Art History	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) Brain Train 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Donuts & Coffee 3:00 Baking & History Irish Soda Bread	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) 3:00 Reminisce 12:00 TV Toons 1:00 1 on 1/ Small Group Time Tidbit Tuesday 2:00 Birthday Party 3:00 Reminisce	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) 3:00 Reminisce 12:00 TV Toons 1:45 Adventure out 2:00 Rise & Refuel 3:00 1 on 1/ Small Group Time	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) 10:30 Chaplin Steve Visit 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Rise & Refuel 3:00 Sip & Paint	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) Brain Train 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 St. Paddy's Day Party 3:00 Stencil Painting <i>St. Patrick's Day</i>	9:30 Exercise Warm up & "Ball Toss" Fruit Boost (Hydration & Snack) 10:30 Village Church 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Rise & Refuel 3:00 Afternoon Art
19	20	21	22	23	24	25
9:30 Exercise Warm up & Game Fruit Boost (Hydration & Snack) Spiritual Eldercare 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Sing Along 2:00 Rise & Refuel 3:00 Art History	9:30 Exercise Warm up & Game Fruit Boost (Hydration & Snack) Brain Train 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Donuts & Coffee 3:00 Baking & History Coffee Cake	9:30 Exercise Warm up & Game Fruit Boost (Hydration & Snack) Brain Train 12:00 TV Toons 1:00 1 on 1/ Small Group Time Tidbit Tuesday 2:00 Veterans Social 3:00 Reminisce	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) 10:30 Anagrams & Word Games 12:00 TV Toons 1:45 Adventure out 2:00 Rise & Refuel 3:00 1 on 1/ Small Group Time <i>Ramadan Starts</i>	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) 10:30 Chaplin Steve Visit 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Rise & Refuel 3:00 Sip & Paint	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) Brain Train 12:00 TV Toons 1:00 1 on 1/ Small Group Time 1:45 Adventure out 2:00 Rise & Refuel 3:00 Stencil Painting	9:30 Exercise Warm up & "Ball Toss" Fruit Boost (Hydration & Snack) 10:30 Village Church 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Rise & Refuel 3:00 Afternoon Art
26	27	28	29	30	31	
9:30 Exercise Warm up & Game Fruit Boost (Hydration & Snack) Spiritual Eldercare 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Sing Along 2:00 Rise & Refuel 3:00 Art History	9:30 Exercise Warm up & Game Fruit Boost (Hydration & Snack) Brain Train 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Donuts & Coffee 3:00 Baking & History Braided Easter Bread	9:30 Exercise Warm up & Game Fruit Boost (Hydration & Snack) Brain Train 12:00 TV Toons 1:00 1 on 1/ Small Group Time Tidbit Tuesday 2:00 Rise & Refuel 3:00 Reminisce	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) 10:30 Anagrams & Word Games 12:00 TV Toons 1:45 Adventure out 2:00 Rise & Refuel 3:00 1 on 1/ Small Group Time	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) 10:30 Chaplin Steve Visit 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Red Hat Society Tea 3:00 Sip & Paint	9:30 Exercise Warm up & "Noodle Ball" Fruit Boost (Hydration & Snack) Brain Train 12:00 TV Toons 1:00 1 on 1/ Small Group Time 2:00 Rise & Refuel 3:00 Stencil Painting	

