

Vitality Theme: Mental Health Awareness

“Your worst enemy cannot harm you as much as your own unguarded thoughts.”
— Buddha

Birthdays!

Fran Hendricks 2nd
Phyllis Wade 2nd
Jerry Mosgrove 5th
Pat Benton 5th
Barbara Danforth 6th

Jan Thornton 8th
Verna Davis 10th
Ernie Baker 12th
Pat Cooper 15th
Dolores Peery 16th




Martie Schilling 17th
Ardys Kelly 20th
Dianne Mosher 20th
Esther Castle 22nd
Art Barnaby 27th

Location Guide

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|----------------------|------------------------|
| 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	5	6
 1500 Catherine Street Walla Walla, WA 99362 LIC# 1640	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 11: 00 Mending with Akiko (COM) 1:00 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:00 Pool Walking with Sarah 3:00 Two Bit Bingo (CON)	12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 2:30 Creative Writing Class with Sarah (COM) 3:00 Skip-Bo (GAM) 6:45 Walla Walla Symphony Transportation	8:30 Senior Living Outing (W) Whitman Mission Walk 1:00 Hand & Foot (GAM) 2:00 Acrylic Painting Class with Sarah (VC) 3:00 Candy BINGO (COM)	1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 2:00 Pool Walking with Sarah 3:00 Gardening Planting Flower Seedlings 6:00 Rummikub (3L)	9:00 Friday Shopping 9:30-11:00 Sound Audiology (GAM) 11:15 Stretch & Release with Sarah (VC) 11:00 Taco Bar Lunch (R) 1:30 Bridge (GAM) 1:30 Sound Bath (VC) 2:30 Birthday Party (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) Kentucky Derby
7	8	9	10	11	12	13
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 Walmart / Andy's (W) 11: 00 Crochet with Akiko (COM) 11:15 Balance & Strength with Justin 1:00 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:00 Pool Walking with Sarah 3:00 Two Bit Bingo (CON)	11:15 Balance & Strength with Justin 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 2:30 Creative Writing Class with Sarah (COM) 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing (W) WWU Walk & Rogers Bakery 11:15 Balance & Strength with Justin 1:00 Hand & Foot (GAM) 2:00 Acrylic Painting Class with Sarah (VC) 3:00 Resident Council Meeting 6:00 Crafting with Evie (COM) Small Gift Bags	7:00-10:00 Kauai Coffee & Drink Specials at the Cracker Barrel 10:00 Presbyterian Worship (CH) 11:15 Balance & Strength with Justin 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Gardening Planting Vegetable Seedlings 3:00 Skip-Bo (GAM) 6:00 Rummikub (3L)	5:30 Balloon Launch at Tietan Park 8:00 Men's Breakfast (CON) 9:00 Friday Shopping 11:15 Stretch & Release with Sarah (VC) 1:30 Bridge (GAM) 1:30 Sound Bath (VC) 2:00 WW Spring Fling Transportation 3:30 Two Bit Bingo (CON) 4:00 Sip & Paint with Jess (VC) 6:30 Vespers (CH) 8:15 Night Flow at Tietan Park	5:30 Balloon Launch at Tietan Park 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
14	15	16	17	18	19	20
5:30 Balloon Launch at Tietan Park 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 Walmart / Andy's (W) 11:00 Mending with Akiko (COM) 11:15 <i>Balance & Strength with Justin</i> 1:00 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	11:15 <i>Balance & Strength with Justin</i> 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 2:30 Creative Writing Class with Sarah (COM) 3:00 Tom's Town Hall 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing (W) Whitman College Walk & Cleveland Commons 10:30 Floral Arranging (CON) 11:15 <i>Balance & Strength with Justin</i> 1:00 Hand & Foot (GAM) 2:00 Acrylic Painting Class with Sarah (VC) 3:00 Candy BINGO (COM)	11:00 Episcopal Service (CH) 11:15 <i>Balance & Strength with Justin</i> 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Crafting with Evie (COM) Large Gift Bags 6:00 Rummikub (3L)	9:00 Friday Shopping 11:15 <i>Stretch & Release with Sarah (VC)</i> 9:30-11:00 WW Audiology (GAM) 11:45 Lunch Bunch: (W) Grandma's Kitchen 1:30 <i>Sound Bath (VC)</i> 2:00 Veterans Chat Time 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)
21	22	23	24	25	26	27
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 Walmart / Andy's (W) 11:15 <i>Balance & Strength with Justin</i> 1:00 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	11:15 <i>Balance & Strength with Justin</i> 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 2:30 Creative Writing Class with Sarah (COM) 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing (W) Moose Creek Café & Bakery 11:15 <i>Balance & Strength with Justin</i> 1:00 Hand & Foot (GAM) 2:00 Free Ice Cream! (RR) 2:30 New Resident Social (RR) 3:00 Candy BINGO (COM)	11:15 <i>Balance & Strength with Justin</i> 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Plant Hanging Planters for Red Rooster Balcony 6:00 Rummikub (3L)	8:00-12:00 Love it or Leave it 9:00 Friday Shopping 11:15 <i>Stretch & Release with Sarah (VC)</i> 1:30 Bridge (GAM) 1:30 <i>Sound Bath (VC)</i> 2:00 Goodwill Trip (W) 3:00 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)
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) 2:45 WW Choral Society Concert Transportation 3:00 Two Bit Bingo (CON) 6:00 Rummikub (3L)	8:30 Coffee & Donuts (COM) 11:15 <i>Balance & Strength with Justin</i> 11:30 PEO Luncheon (COM) 12:00 Pianist Carolyn 1:00 Bible Class (CH) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) No Transportation Today <i>Memorial Day</i>	10:30 Book Club (COM) 11:15 <i>Balance & Strength with Justin</i> 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 2:30 Creative Writing Class with Sarah (COM) 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing (W) Pioneer Park 11:15 <i>Balance & Strength with Justin</i> 1:00 Hand & Foot (GAM) 2:00 Acrylic Painting Class with Sarah (VC) 3:00 Candy BINGO (COM) 4:45 Dinner Dash American 35 in Waitsburg			 1500 Catherine Street Walla Walla, WA 99362 LIC# 1640