

### Celebrate Birthdays & Anniversaries!

### Vitality Theme: Blue Zones Challenge

### Location Guide



Ed May 14th  
Margie May 19th  
Marisa May 22nd  
Gerda May 24th  
Peggy May 30th



#### STAFF BIRTHDAYS / ANNIVERSARIES

Yadira - Cook- 8 years on May 11th

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

B-B Wing  
A-A Wing  
SN-Snoozlyn Room  
AP-A Patio  
BP- B Patio  
WLV-Wheatland Village

BS-Beauty Salon  
TH -Movie Theater  
LIB -Library  
CH - Chapel  
DR - Dining Room



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Wellness Types</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Leisure	9:30 Exercise (B) Warm up & Stretches Fruit Boost Fancy Nails	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost <b>Resident Council</b>	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost 10:30 Chaplin Steve Visit (CH)	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games	9:30 Exercise (B) Warm up & Game Fruit Boost
Wellness	12:00 Matinee Movie 1:00 Room Visits/Small Groups	12:00 Matinee Movie 1:00 Tidbit Tuesday (A)	12:00 Matinee Movie 1:45 Adventure out bus ride La Patisserie	12:00 Matinee Movie 1:00 Room Visits/Small Groups <b>2:00 Birthday Party (DR)</b>	12:00 Matinee Movie 1:00 Cinco De Mayo Crafts (B) 2:00 Cinco De Mayo Party	12:00 Matinee Movie 1:00 Hand Massages 2:00 Rise & Refuel (DR)
Cognitive	2:00 Donuts & Coffee (DR) 3:00 Small Coffee group to WLV	2:00 Rise & Refuel (DR) 3:00 Baking / Snacks (DR) M&M Sweet Bread	2:00 Rise & Refuel (DR) 3:00 Canvas Painting (DR)	3:00 Sip & Paint (B) 5:00 Evening Movie	3:00 Party Ending / Clean up 5:00 Evening Movie <b>Desperado</b>	2:30 Kentucky Derby on TV (A) 3:00 Garden Club (B) with WWU Volunteers
Social	5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie <b>GREASE</b> 50's Themed Party	"May the 4th Be with you"	<b>CINCO DE MAYO</b>	5:00 Evening Movie <b>National Nurses Day</b>
Physical	<b>May Day</b>					
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
9:30 Exercise (CH) Warm up & Noodle Ball Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 Crafts (B) 2:00 Rise & Refuel: Popcorn (B) 3:00 Sing Along (B) 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits/Small Groups 2:00 Donuts & Coffee (DR) 3:00 Small Coffee group to WLV 5:00 Evening Movie	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost Brain Games 12:00 Matinee Movie 1:00 Tidbit Tuesday (A) 2:00 Rise & Refuel (DR) 3:00 Baking / Snacks (DR) Tortillas with Cheese 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games 12:00 Matinee Movie 1:45 Adventure out bus ride Weston, OR 2:00 Rise & Refuel (DR) 3:00 Canvas Painting (DR) 5:00 Evening Movie	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost 10:30 Chaplin Steve Visit (CH) 12:00 Matinee Movie 1:00 Room Visits/Small Groups <b>2:00 New Resident Social (DR)</b> 3:00 Floral Arranging 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games 12:00 Matinee Movie 1:45 Ice Cream/ Walk 2:00 Rise & Refuel (DR) 3:00 Snack Making (DR) Savory Energy Bites 5:00 Evening Movie	9:30 Exercise (CH) Warm up & Game Fruit Boost 10:30 Village Church (CH) 12:00 Matinee Movie 1:00 Hand Massages 2:00 Rise & Refuel (DR) 3:00 Garden Club (B) 5:00 Evening Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
9:30 Exercise (CH) Warm up & Noodle Ball Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 Mother's Day Crafts (B) 2:00 Rise & Refuel: Popcorn (B) 3:00 Sing Along (B) 5:00 Evening Movie <i>MOTHER'S DAY</i>	9:30 Exercise (B) Warm up & Stretches Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits/Small Groups 2:00 Donuts & Coffee (DR) 3:00 Small Coffee group to WLV 5:00 Evening Movie <b>National Chocolate Chip Day</b>	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost Brain Games 12:00 Pianist Carolyn @WLV 12:00 Matinee Movie 1:00 Tidbit Tuesday 3:00 Baking / Snacks (DR) Lemon Pound Loaf 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games 12:00 Matinee Movie 1:45 Adventure out bus ride Pioneer Park 2:00 Rise & Refuel (DR) 3:00 Canvas Painting (DR) 5:00 Evening Movie	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost 10:30 Chaplin Steve Visit (CH) 12:00 Matinee Movie 1:00 Room Visits/Small Groups <b>2:00 Veterans Social (DR)</b> 3:00 Sip & Paint (B) 5:00 Evening Movie <b>National Armed Forces Day</b>	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games 12:00 Matinee Movie 1:45 Ice Cream/ Walk 2:00 Rise & Refuel (DR) 3:00 Snack Making (DR) Sweet Energy Bites 5:00 Evening Movie	9:30 Exercise (CH) Warm up & Game Fruit Boost 10:30 Village Church (CH) 12:00 Matinee Movie 1:00 Hand Massages 2:00 Rise & Refuel (DR) 3:00 Garden Club (B) 5:00 Evening Movie
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
9:30 Exercise (CH) Warm up & Noodle Ball Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 Crafts (B) 2:00 Rise & Refuel: Popcorn (B) 3:00 Sing Along (B) 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits/Small Groups 2:00 Donuts & Coffee (DR) 3:00 Small Coffee group to WLV 5:00 Evening Movie	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost Brain Games 12:00 Matinee Movie 1:00 Tidbit Tuesday (A) 2:00 Rise & Refuel (DR) 3:00 Baking / Snacks (DR) Crepes 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games 12:00 Matinee Movie 1:45 Adventure out bus ride Lower Waitsburg Road 2:00 Rise & Refuel (DR) 3:00 Canvas Painting (DR) 5:00 Evening Movie	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost 10:30 Chaplin Steve Visit (CH) 12:00 Matinee Movie 1:00 Room Visits/Small Groups <b>2:00 Red Hat Tea Party (B)</b> <b>2:00 Mens Social (A)</b> 3:00 Sip & Paint (B) 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games 12:00 Matinee Movie 1:45 Ice Cream/ Walk 2:00 Rise & Refuel (DR) 3:00 Snack Making (DR) Energy Bites 5:00 Evening Movie	9:30 Exercise (CH) Warm up & Game Fruit Boost 10:30 Village Church (CH) 12:00 Matinee Movie 1:00 Hand Massages 2:00 Rise & Refuel (DR) 3:00 Garden Club (B) with WWU Volunteers 5:00 Evening Movie
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>Key</b>	<b>Dining Room</b>	<b>Salon Days</b>
9:30 Exercise (CH) Warm up & Noodle Ball Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 Memorial Day Crafts (B) 2:00 Rise & Refuel: Popcorn (B) 3:00 Sing Along (B) 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits/Small Groups 2:00 Donuts & Coffee (DR) 3:00 Small Coffee group to WLV 5:00 Evening Movie <b>Memorial Day</b>	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost Brain Games 12:00 Matinee Movie 1:00 Tidbit Tuesday (A) 2:00 Rise & Refuel (DR) 3:00 Baking / Snacks (DR) Jalapeno Cheese Bread 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Brain Games 12:00 Matinee Movie 1:45 Adventure out bus ride at Pine Cone Creamery 2:00 Rise & Refuel (DR) 3:00 Canvas Painting (DR) 5:00 Evening Movie	<b>Fruit Boost</b> Hydration & Fresh Fruit <b>Brain Games</b> Puzzles, Word Games, & other Cognitive games <b>Rise &amp; Refuel</b> Wake up call, hydration, & snack <b>Room Visit</b> 1-on-1 time with staff <b>Tidbit Tuesday</b> Activities & Games from Tidbits	Breakfast 6:00-10:00 Lunch Served at 11:30 Dinner Served at 4:30	Stylist Sarahi visits on Mondays. To Schedule an appointment please call Sarahi at (509) 629-0926