

### Celebrate Birthdays & Anniversaries!



#### BIRTHDAYS

Abby Vitality 1st  
Melissa Vitality 22nd  
Jerry Care Staff 20th  
Shandra Cook 25th



#### ANNIVERSARIES

Daisy- Housekeeping 9 years the 24th  
Destinee- Med Aide 5 years the 26th  
Paloma- Med Aide 2years the 28th

### Vitality Theme: Blue Zones Challenge


**“We are never more fully alive, more completely ourselves, or more deeply engrossed in anything than when we are playing.” ~ Charles Schaefer**

### Location Guide

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
Wellness Types	Dining Room	Key		1	2	3
Leisure	Breakfast 6:00-10:00	Fruit Boost Hydration & Fresh Fruit	<u>*New In June*</u> <b>Wed- Sat</b> <b>Evening Hydration Cart</b> <b>5:20- 5:50pm</b>	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost	9:30 Exercise (B) Warm up & Stretches Fruit Boost	9:30 Exercise (B) Warm up & Game Fruit Boost
Wellness	Lunch Served at 11:30	Brain Games Puzzles, Word Games, & other Cognitive games		10:30 Chaplin Steve Visit (CH) 12:00 Matinee Movie	10:00 Hair & Nails in the Salon 12:00 Matinee Movie	10:30 Village Church (CH) 12:00 Matinee Movie
Cognitive	Dinner Served at 4:30	Rise & Refuel Wake up call, hydration, & snack		1:00 Room Visits <b>2:00 Birthday Party (DR)</b>	1:15 Ice Cream/ Walk Outside 2:00 Rise & Refuel (DR)	1:00 Hand Massages 2:00 Rise & Refuel (DR)
Social		Room Visit 1-on-1 time with staff		3:00 Garden Club (B) 5:00 Evening Movie	3:00 Snack Making (DR) 5:00 Evening Movie	3:00 Sip & Paint (B) 5:00 Evening Movie
Physical		Tidbit Tuesday Activates & Games from Tidbits		5:20 Hydration Cart	5:20 Hydration Cart	5:20 Hydration Cart
4	5	6	7	8	9	10
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 Warm up & Stretches Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits 2:00 Donuts & Coffee (DR) 3:00 Outside Walk 5:00 Evening Movie	9:30 Exercise Warm up & Noodle Ball Fruit Boost <b>Resident Council</b> 12:00 Matinee Movie 1:00 Tidbit Tuesday (A) 2:00 Rise & Refuel (DR) 3:00 Baking / Snacks (DR) Date-Nut Bread 5:00 Evening Movie	9:30 Exercise Fruit Boost <b>Hair Styling in the Salon</b> <b>10:30 PICTURE DAY!!!</b> 12:00 Matinee Movie 1:45 Adventure out bus ride 2:00 Rise & Refuel (DR) 3:00 Walk to WLV for Drinks 5:00 Evening Movie 5:20 Hydration Cart	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost 10:30 Chaplin Steve Visit (CH) 12:00 Matinee Movie 1:00 Room Visits <b>2:00 New Resident Social (DR)</b> 3:00 Floral Arranging 5:00 Evening Movie 5:20 Hydration Cart	9:30 Exercise (B) Warm up & Stretches Fruit Boost 10:00 Hair & Nails in the Salon 12:00 Matinee Movie 1:15 Ice Cream/ Walk Outside 2:00 Rise & Refuel (DR) 3:00 Snack Making (DR) 5:00 Evening Movie 5:20 Hydration Cart	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 Sip & Paint (B) 5:00 Evening Movie 5:20 Hydration Cart

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
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 2:00 Donuts & Coffee (DR) 3:00 Outside Walk 5:00 Evening Movie	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost Brain Games 12:00 Matinee Movie 1:00 Tidbit Tuesday 3:00 Baking / Snacks (DR) Apple Pie bites 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost 10:30 Shoulder Massages 12:00 Matinee Movie 1:45 Adventure out bus ride 2:00 Rise & Refuel (DR) 3:00 Walk to WLV for Drinks 5:00 Evening Movie 5:20 Hydration Cart	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost 10:30 Chaplin Steve Visit (CH) 12:00 Matinee Movie 1:00 Room Visits <b>2:00 Veterans Social (DR)</b> 3:00 Garden Club (B) 5:00 Evening Movie 5:20 Hydration Cart	9:30 Exercise (B) Warm up & Stretches Fruit Boost 10:00 Hair & Nails in the Salon 12:00 Matinee Movie 1:15 Ice Cream/ Walk Outside 2:00 Rise & Refuel (DR) 3:00 Snack Making (DR) 5:00 Evening Movie 5:20 Hydration Cart	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 Sip & Paint (B) 5:00 Evening Movie 5:20 Hydration Cart
18	19	20	21	22	23	24
9:30 Exercise (CH) Warm up & Noodle Ball Fruit Boost Spiritual Eldercare (CH) 12:00 Matinee Movie 1:00 Father's Day Crafts (B) 2:00 Rise & Refuel: Popcorn (B) 3:00 Drinks with Dad on Patio & Building a Birdhouses together 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost Fancy Nails 12:00 Matinee Movie 1:00 Room Visits 2:00 Donuts & Coffee (DR) 3:00 Outside Walk 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) Cereal bars 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost 10:30 Shoulder Massages 12:00 Matinee Movie 1:45 Adventure out bus ride 2:00 Rise & Refuel (DR) 3:00 Walk to WLV for Drinks 5:00 Evening Movie 5:20 Hydration Cart	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost 10:30 Chaplin Steve Visit (CH) 12:00 Matinee Movie 1:00 Room Visits <b>2:00 Red Hat Tea Party (B)</b> <b>2:00 Men's Social (A)</b> 3:00 Floral Arranging 5:20 Hydration Cart	9:30 Exercise (B) Warm up & Stretches Fruit Boost 10:00 Hair & Nails in the Salon 12:00 Matinee Movie 1:15 Ice Cream/ Walk Outside 2:00 Rise & Refuel (DR) 3:00 Snack Making (DR) 5:00 Evening Movie 5:20 Hydration Cart	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 Sip & Paint (B) 5:00 Evening Movie 5:20 Hydration Cart
25	26	27	28	29	30	
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 2:00 Donuts & Coffee (DR) 3:00 Outside Walk 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) Fresh Apple Cider 5:00 Evening Movie	9:30 Exercise (B) Warm up & Stretches Fruit Boost 10:30 Shoulder Massages 12:00 Matinee Movie 1:45 Adventure out bus ride 2:00 Rise & Refuel (DR) 3:00 Walk to WLV for Drinks 5:00 Evening Movie 5:20 Hydration Cart	9:30 Exercise (B) Warm up & Noodle Ball Fruit Boost 10:30 Chaplin Steve Visit (CH) 12:00 Matinee Movie 1:00 Room Visits 2:00 Rise & Refuel (DR) 3:00 Garden Club (B) 5:00 Evening Movie 5:20 Hydration Cart	9:30 Exercise (B) Warm up & Stretches Fruit Boost 10:00 Hair & Nails in the Salon 12:00 Matinee Movie 1:15 Ice Cream/ Walk Outside 2:00 Rise & Refuel (DR) 3:00 Snack Making (DR) 5:00 Evening Movie 5:20 Hydration Cart	 <p>1640 Durum Drive Walla Walla, WA. 99362</p> <p>LIC# 1640</p>