

Celebrate Birthdays & Anniversaries!



Jackie 14th
Linda 29th
Lana 30th




Vitality Theme: Exploring Lifelong Purpose

Five Steps to finding your life purpose
Find out what drives you
Find out what energizes you
Find out what sacrifices you are willing to sacrifice for
Find out WHO you want to help
Find out HOW you want to help

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	Key				1	2	
Leisure	Fruit Boost Hydration & Fresh Fruit	Breakfast Served 6:00-10:00	 1640 Durum Drive Walla Walla, WA. 99362 LIC# 1640		9:30 Exercise	9:30 Exercise (CH)	
Wellness	Brain Games Puzzles, Word Games, & other Cognitive games	Lunch Served at 11:30			Fruit Boost	10:00 Fair Parade - Veterans	Outside Walk
Cognitive	Rise & Refuel Wake up call, hydration, & snack	Dinner Served at 4:30			This week in History	10:30 Village Church (CH)	Fruit Boost
Social	Room Visit 1-on-1 time with staff				12:00 Matinee Movie	1:00 Jewelry Making	12:00 Matinee Movie
Physical	Tidbit Tuesday Activites & Games from Tidbits				2:00 Rise & Refuel	2:30 Adventure out Wildwood Park	1:00 BINGO
					3:40 Hydration in Dining room	2:00 Rise & Refuel	
					5:00 Evening Movie	1:00 Hallway Sports	
					5:20 Hydration Cart	5:00 Evening Movie	
						5:20 Hydration Cart	
3	4	5	6	7	8	9	
9:30 Exercise (CH)	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise (CH)	
Fruit Boost	9:30 Exercise	Apple Slices	Fruit Boost	9:30 Exercise	Apple Slices	Outside Walk	
Spiritual Eldercare (CH)	Outside Walk	Resident Council	Fancy Nails & Painted Toes	Fruit Boost	This week in History	Fruit Boost	
12:00 Matinee Movie	Fruit Boost	12:00 Matinee Movie	12:00 Matinee Movie	10:30 Chaplain Visit (CH)	12:00 Matinee Movie	10:30 Village Church (CH)	
1:00 Apple Craft	Fancy Nails	12:00 Pianist Carolyn @WLV	1:00 BINGO	12:00 Matinee Movie	1:00 Jewelry Making	12:00 Matinee Movie	
2:00 Root beer floats	12:00 Matinee Movie	1:00 Tidbit Tuesday	2:00 Rise & Refuel- popsicles	1:00 Room visits/ 1on 1s Visits	2:00 Rise & Refuel	1:00 BINGO	
3:00 Hymn Sing Along	1:00 Room visits/ 1on 1s Visits	2:00 Rise & Refuel	2:30 Scenic Drive	2:00 Birthday Party	2:30 Adventure out Yantis Park	2:00 Rise & Refuel	
5:00 Evening Movie	2:00 Donuts & Coffee	3:00 Baking / Snacks	3:40 Hydration in Dining room	3:00 Table games	3:40 Hydration in Dining room	1:00 Hallway Sports	
	3:00 Puzzles & Coloring	Apple Hand Pies	5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie	
	5:00 Evening Movie	5:00 Evening Movie	5:20 Hydration Cart	5:20 Hydration Cart	5:20 Hydration Cart	5:20 Hydration Cart	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH)	8:00 Bible Study (CH) 9:30 Exercise Outside Walk	9:30 Exercise Apple Slices Brain Games	9:30 Exercise 10-2 Andy's Produce @WLV Fruit Boost	8:00 Bible Study (CH) 9:30 Exercise Fruit Boost	9:30 Exercise Warm up & Stretches Apple Slices	9:30 Exercise (CH) Outside Walk Fruit Boost
12:00 Matinee Movie 1:00 Tissue Paper Apples	Fruit Boost Fancy Nails	12:00 Matinee Movie 1:00 Tidbit Tuesday	Fancy Nails & Painted Toes 12:00 Matinee Movie	10:30 Chaplain Visit (CH) 12:00 Matinee Movie	This week in History 12:00 Matinee Movie	10:30 Village Church (CH) 12:00 Matinee Movie
2:00 Rise & Refuel: Popcorn 3:00 Table games	12:00 Matinee Movie 1:00 Room visits/ 1on 1s Visits	2:00 Rise & Refuel 3:00 Table games	1:00 BINGO 2:00 Rise & Refuel- popsicles	1:00 Room visits/ 1on 1s Visits 2:00 New Resident Social	1:00 Scrabble 2:00 Rise & Refuel	1:00 BINGO 2:00 Rise & Refuel
5:00 Evening Movie	2:00 Donuts & Coffee 3:00 Puzzles 5:00 Evening Movie	5:00 Evening Movie	3:00 Puzzles 5:00 Evening Movie 5:20 Hydration Cart	3:00 Table games 5:00 Evening Movie Party Snacks and drinks	3:00 Puzzles 5:00 Evening Movie 5:20 Hydration Cart	3:00 Table games 5:00 Evening Movie 5:20 Hydration Cart
National Assisted Living Week						
17	18	19	20	21	22	23
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH)	8:00 Bible Study (CH) 9:30 Exercise Outside Walk	9:30 Exercise Apple Slices Brain Games	9:30 Exercise Fruit Boost Fancy Nails & Painted Toes	8:00 Bible Study (CH) 9:30 Exercise Fruit Boost	9:30 Exercise 10:00 Rooks Park Picnic and Walk	9:30 Exercise (CH) Outside Walk Fruit Boost
12:00 Matinee Movie 1:00 Apple Craft	Fruit Boost Fancy Nails	12:00 Matinee Movie 1:00 Tidbit Tuesday	12:00 Matinee Movie 1:00 BINGO	10:30 Chaplain Visit (CH) 12:00 Matinee Movie	12:00 Matinee Movie 1:00 Jewelry Making	10:30 Village Church (CH) 12:00 Matinee Movie
2:00 Rise & Refuel: Popcorn 3:00 Hymn Sing Along	12:00 Matinee Movie 1:00 Room visits/ 1on 1s Visits	2:00 Rise & Refuel 3:00 Baking / Snacks	2:00 Rise & Refuel- popsicles 2:30 Scenic Drive	1:00 Room visits/ 1on 1s Visits 2:00 Veterans Social	2:00 Rise & Refuel- popsicles 2:30 Adventure out	1:00 BINGO 2:00 Rise & Refuel
5:00 Evening Movie	2:00 Donuts & Coffee 3:00 Puzzles & Coloring 5:00 Evening Movie	Apple Pie Taquitos 5:00 Evening Movie	3:40 Hydration in Dining room 5:00 Evening Movie 5:20 Hydration Cart	3:00 Table games 5:00 Evening Movie 5:20 Hydration Cart	Pioneer Park 3:40 Hydration in Dining room 5:00 Evening Movie 5:20 Hydration Cart	1:00 Hallway Sports 5:00 Evening Movie 5:20 Hydration Cart
24	25	26	27	28	29	30
9:30 Exercise (CH) Fruit Boost Spiritual Eldercare (CH)	8:00 Bible Study (CH) 9:30 Exercise Outside Walk	9:30 Exercise Apple Slices Brain Games	9:30 Exercise Fruit Boost Fancy Nails & Painted Toes	8:00 Bible Study (CH) 9:30 Exercise Fruit Boost	9:30 Exercise Apple Slices This week in History	9:30 Exercise (CH) Outside Walk Fruit Boost
12:00 Matinee Movie 1:00 Apple Watercolor pictures	Fruit Boost Fancy Nails	12:00 Matinee Movie 1:00 Tidbit Tuesday	12:00 Matinee Movie 1:00 BINGO	10:30 Chaplain Visit (CH) 12:00 Matinee Movie	12:00 Matinee Movie 1:00 Jewelry Making	10:30 Village Church (CH) 12:00 Matinee Movie
2:00 Rise & Refuel: Popcorn 3:00 Hymn Sing Along	12:00 Matinee Movie 1:00 Room visits/ 1on 1s Visits	2:00 Rise & Refuel 3:00 Baking / Snacks	2:00 Rise & Refuel- popsicles 2:30 Scenic Drive	1:00 Room visits/ 1on 1s Visits 2:00 Sports Social (A)	2:00 Rise & Refuel- popsicles 2:30 Adventure out	1:00 BINGO 2:00 Rise & Refuel
5:00 Evening Movie	2:00 Donuts & Coffee 3:00 Puzzles & Coloring 5:00 Evening Movie	Apple slices with Carmel 5:00 Evening Movie	3:40 Hydration in Dining room 5:00 Evening Movie 5:20 Hydration Cart	2:00 Red Hat Tea Party (B) 3:00 Table games 5:20 Hydration Cart	Freewater Park 3:40 Hydration in Dining room 5:00 Evening Movie 5:20 Hydration Cart	1:00 Hallway Sports 5:00 Evening Movie 5:20 Hydration Cart