


Celebrate Birthdays & Anniversaries!		Vitality Theme: Spiritual Wellness Month			Location Guide	
Louise - 85 - 11th		The energy you put out is the energy that the Universe brings into your life. BE HUMBLE AND KIND.			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	Meal Times			1	2
Leisure	Fruit Boost Hydration & Fresh Fruit Brain Games Puzzles, Word Games, & other Cognitive games Rise & Refuel Wake up call, hydration, & snack Room Visit 1-on-1 time with staff Tidbit Tuesday Activites & Games from Tidbits	Breakfast Served 6:00-10:00 Lunch Served at 11:30 Dinner Served at 4:30	 1640 Durum Drive Walla Walla, WA. 99362 LIC# 1640		9:30 Exercise	9:30 Exercise (CH)
Wellness					Fruit Boost	Fruit Boost
Cognitive					Brain Games	10:30 Village Church (CH)
Social					12:00 Matinee Movie	12:00 Matinee Movie
Physical					1:00 BINGO	1:00 Jewelry Making
					2:00 Rise & Refuel	2:00 Rise & Refuel
					2:30 Scenic Drive	3:00 Hot Cider, Snacks & Chat
					3:40 Hydration in Dining room	4:00 Evening Activity
					4:00 Evening Activity	5:00 Evening Movie
					5:00 Evening Movie	
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	Fruit Boost	Fruit Boost
Spiritual Eldercare (CH)	Hallway Walks	Brain Games	Spa Time	Fruit Boost	Brain Games	10:30 Village Church (CH)
12:00 Matinee Movie	Fruit Boost	12:00 Matinee Movie	12:00 Matinee Movie	10:30 Chaplain Lloyd Visit	12:00 Matinee Movie	12:00 Matinee Movie
1:00 Winter Crafts	Fancy Nails	1:00 Tidbit Tuesday	1:00 Hot Cocoa & Chat	12:00 Matinee Movie	1:00 BINGO	1:00 Jewelry Making
2:00 Rise & Refuel: Popcorn	12:00 Matinee Movie	2:00 Rise & Refuel	2:00 Rise & Refuel	1:00 Room Visits/ 1 on 1 Visits	2:00 Rise & Refuel	2:00 Rise & Refuel
3:00 Hymn Sing alongs	1:00 Room Visits/ 1 on 1 Visits	3:00 Making Tuesday Treats White Chocolate Fudge	2:30 Scenic Drive	2:00 Birthday Party	2:30 Scenic Drive	3:00 Hot Apple Cider & Chat
5:00 Evening Movie	2:00 Donuts & Coffee	5:00 Evening Movie	3:40 Hydration in Dining room	3:00 Christmas Crafts	3:40 Hydration in Dining room	4:00 Evening Activity
	3:00 Winter Coloring/Puzzles		5:00 Evening Movie	4:00 Evening Activity	4:00 Evening Activity	5:00 Evening Movie
	5:00 Evening Movie			5:00 Evening Movie	5:00 Evening Movie	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
9:30 Exercise (CH)	8:00 Bible Study (CH)	9:30 Exercise	9:30 All A Wing Residents	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise (CH)
Fruit Boost	9:30 Exercise	Apple Slices	Christmas Pictures	9:30 Exercise	Fruit Boost	Fruit Boost
Spiritual Eldercare (CH)	Hallway Walks	Brain Games	With Vitality	Fruit Boost	Brain Games	10:30 Village Church (CH)
12:00 Matinee Movie	Fruit Boost	12:00 Pianist Carolyn @WLV	12:00 Matinee Movie	10:30 Chaplain Lloyd Visit	12:00 Matinee Movie	12:00 Matinee Movie
1:00 Winter Crafts	Fancy Nails	12:00 Matinee Movie	1:00 Hot Cocoa & Chat	12:00 Matinee Movie	1:00 BINGO	1:00 Jewelry Making
2:00 Rise & Refuel: Popcorn	12:00 Matinee Movie	1:00 Tidbit Tuesday	2:00 Rise & Refuel	1:00 Room Visits/ 1 on 1 Visits	2:00 Rise & Refuel	2:00 Rise & Refuel
3:00 Hymn Sing alongs	1:00 Room Visits/ 1 on 1 Visits	2:00 Rise & Refuel	2:30 Scenic Drive	2:00 New Resident Social	2:30 Scenic Drive	3:00 Hot Apple Cider & Chat
5:00 Evening Movie	2:00 Donuts & Coffee	3:00 Making Tuesday Treats	3:40 Hydration in Dining room	3:00 Christmas Crafts	3:40 Hydration in Dining room	4:00 Evening Activity
	3:00 Winter Coloring/Puzzles	Chocolate covered Pretzels	5:00 Evening Movie	5:00 Evening Movie Party	4:00 Evening Activity	5:00 Evening Movie
	5:00 Evening Movie	5:00 Evening Movie		Miracle on 34th Street	5:00 Evening Movie	
17	18	19	20	21	22	23
9:30 Exercise (CH)	8:00 Bible Study (CH)	9:30 Exercise	9:30 All B Wing Residents	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise (CH)
Fruit Boost	9:30 Exercise	Apple Slices	Christmas Pictures	9:30 Exercise	Fruit Boost	Fruit Boost
Spiritual Eldercare (CH)	Hallway Walks	Brain Games	With Vitality	Fruit Boost	Brain Games	10:30 Village Church (CH)
12:00 Matinee Movie	Fruit Boost	12:00 Matinee Movie	12:00 Matinee Movie	10:30 Chaplain Lloyd Visit	12:00 Matinee Movie	12:00 Matinee Movie
1:00 Winter Crafts	Fancy Nails	1:00 Tidbit Tuesday	1:00 Hot Cocoa & Chat	12:00 Matinee Movie	1:00 BINGO	1:00 Jewelry Making
2:00 Rise & Refuel: Popcorn	12:00 Matinee Movie	2:00 Rise & Refuel	2:00 Rise & Refuel	1:00 Room Visits/ 1 on 1 Visits	2:00 Rise & Refuel	2:00 Rise & Refuel
3:00 Hymn Sing alongs	1:00 Room Visits/ 1 on 1 Visits	3:00 Making Tuesday Treats	2:30 Scenic Drive	2:00 Veterans Social	3:00 Hair and Nails	3:00 Hot Apple Cider & Chat
5:00 Evening Movie	2:00 Donuts & Coffee	Christmas Funfetti bread	3:40 Hydration in Dining room	3:00 Christmas Crafts	4:00 Evening Activity	4:00 Evening Activity
	3:00 Winter Coloring/Puzzles	5:00 Evening Movie	5:00 Evening Movie	4:00 Evening Activity	5:00 Evening Movie	5:00 Evening Movie
	5:00 Evening Movie			5:00 Evening Movie		
24 / 31	25	26	27	28	29	30
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	Fruit Boost	Fruit Boost
Spiritual Eldercare (CH)	Hallway Walks	Brain Games	Spa Time	Fruit Boost	Brain Games	10:30 Village Church (CH)
12:00 Matinee Movie	Fruit Boost	12:00 Matinee Movie	12:00 Matinee Movie	10:30 Chaplain Lloyd Visit	12:00 Matinee Movie	12:00 Matinee Movie
1:00 Winter Crafts	Fancy Nails	1:00 Tidbit Tuesday	1:00 Hot Cocoa & Chat	12:00 Matinee Movie	1:00 BINGO	1:00 Jewelry Making
2:00 Rise & Refuel: Popcorn	12:00 Matinee Movie	2:00 Rise & Refuel	2:00 Rise & Refuel	1:00 Room Visits/ 1 on 1 Visits	2:00 Rise & Refuel	2:00 Rise & Refuel
3:00 Hymn Sing alongs	1:00 Christmas Coloring/Puzzles	3:00 Making Tuesday Treats	2:30 Scenic Drive	2:00 Sports Social (A)	2:30 Scenic Drive	3:00 Hot Apple Cider & Chat
5:00 Evening Movie	2:00 Donuts & Coffee	Peanut Butter Fudge	3:40 Hydration in Dining room	3:00 New Years Crafts	3:40 Hydration in Dining room	4:00 Evening Activity
	3:00 Open Presents w/ Vitality	5:00 Evening Movie	5:00 Evening Movie	4:00 Evening Activity	4:00 Evening Activity	5:00 Evening Movie
	5:00 Evening Movie			5:00 Evening Movie	5:00 Evening Movie	
31st 3:00 New Years Party!!!	Christmas Day					