


Vitality Theme: Wellbeing Checkup

Well-being is linked to life satisfaction, general happiness, and how you feel about yourself and your life. It refers to a state of comfortable, healthy, or happy. It includes various aspects of life, including physical health, mental health, social relationships, and a sense of fulfillment. Try taking a Well-being Self Check-Up this month as we begin the new year.


Birthdays!



LIC#1640

Location Guide

<u>1st Floor</u> W - West Entrance	BS-Beauty Salon
E - East Entrance	2E-2nd Floor East Wing
VC - Vitality Center	CON -Conference Room
R - Restaurant	<u>3rd Floor</u> RR - Red Rooster
GC - Golf Course	GAM -Game Room
Ch-Chapel P-Pool	TH -Movie Theater
<u>2nd Floor</u> BC -Business Center	CR -Community room
LIB -Library	B-Balcony
2L -2nd Floor Lobby	TBD-To Be Determined

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 - New Year's Day	2	3	4
 1500 Catherine Street Walla Walla, WA 99362	Color Key: Outings In-House Special Events		8:30 Senior Living Outing TBD 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Snacks with Sallie 3:00 Candy Bingo (CR) 3:00 Movie (TH) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 2:00 Trivia Games (2L) 2:00 Seated Stretching (CON) 3:30 Grief Support Group (V) 3:00 Skip-Bo (GAM) 3:00 Movie (TH)	9:00 Friday Shopping 9:30 Sound Audiology (CR) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Birthday Party (CON) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 1:30 Crafts with Evie (CR) 1:30 UNO (GAM) 1:30 Men's Poker (2L) 2:30 Jacob Phone Help (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)
	Calendars are subject to change at moment's notice					
5	6	7	8	9	10	11
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 SMART Goals (2L) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft:Paperbag Snowflakes 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Painting (CR) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 2:00 Seated Stretching (CON) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Volunteer Thank - You Party (CON)	8:30 Senior Living Outing TBD 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Snacks with Sallie (2L) 2:00WaterAero w/Savvy (Pool) 3:00 Resident Council (CON) 3:00 Movie (TH) 3:30 Word Games (2L) 6:00 Evening Movie (TH)	8:00 Men's Breakfast (CR) 7:15 Water Aerobics (Pool) 10:00 Presbyterian Worship (CH) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Spa Day (CON) 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 3:30 Grief Support Group (V) 6:00 Evening Movie (TH)	9:00 Friday Shopping 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 11:45 Lunch Bunch: TBD 12:30-5:30 In-Body Assess (VC) 1:30 Dominos (2L) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 UNO (GAM) 1:30 Crafts with Evie (CR) 2:30 Jacob Phone Help (CON) 3:00 Movie (TH) 6:00 Table Games (3L) 6:00 Evening movie (TH)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 SMART Goals (2L) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Mending w/ Akiko(CR) 1:00 Pinochle (GAM) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:30 Bridge (GAM) 2:45 Craft:DIY Stickers(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 11:15 Gentle Chair Fit (VC) 12:00 Pianist Carolyn ® 1:00 Pinochle (GAM) 1:30 Bible study (CH) 2:00 Domino Games (GAM) 2:00 Seated Stretching (CON) 3:00 Sarah Live Reading(CON) 3:00 Nature Docu (TH)	8:30 Senior Living Outing TBL 10:00 Exercise (CON) 11:15 Balance & Strength(VC) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 2:00 WaterAero w/Savvy (Pool) 2:00 New Resident Social(RR) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 6:00 Evening movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 11:00 Episcopal Service (CH) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 2:00 Seated Stretching (CON) 2:30 Rick Doyle Guitar ® 3:00 Movie (TH) 3:00 Sarah Live Reading(CON) 3:30 Grief Support Group (V) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30 WW Audiology (GAM) 9:30 Floral Arranging (CON) 9:30 Classical Open Rehearsal(W) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Albertsons & JoAnn's (W) 2:00 Veteran's Hour (CON) 3:00 Movie (TH) 3:00 Two Bit Bingo (CON) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 1:00 Crosswords (2L) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 UNO (GAM) 2:30 Jacob Phone Help (CON) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
19	20 - MLK Jr. Day	21	22	23	24	25
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 SMART Goals (2L) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat(CR) 1:00 MLK Jr. Docu (TH) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft:DIY Snowglobes(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 3:00 Skip-Bo (GAM) 2:00 Seated Stretching (CON) 3:00 Don's Town Hall (CON) 3:30 Space Docu (TH)	8:30 Senior Living Outing TBL 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Snacks with Sallie (2L) 2:00 WaterAero w/Savvy (Pool) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 4:45 Dinner Dash: TBD 6:00 Evening Movie (TH) 6:30 WW Symphony (W)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:30 Table Games (2L) 2:00 Seated Stretching (CON) 3:00 Skip-Bo (GAM) 3:00 Sarah Live Reading(CON) 4:00 Dominos (2L) 6:00 Evening Movie (TH)	9:00 Friday Shopping 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:30 Peanut Butter Snacks(2L) 6:00 Evening movie (TH) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 UNO (GAM) 2:30 Jacob Phone Help (CON) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
26	27	28	29	30	31	
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 SMART Goals (2L) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(CR) 11:15 Balance & Strength(VC) 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft: Yarn Stars (2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:30 Book Club (CR) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 3:00 Skip-Bo (GAM) 3:00 Sarah Live Reading(CON) 3:00 Pre-History Docu (TH)	8:30 Senior Living Outing TBL 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Snacks with Sallie 2:00 WaterAero w/Savvy (Pool) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 2:00 Seated Stretching (CON) 3:30 Grief Support Group (V) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:00 Sarah Live Reading(CON)	8-12 Love or Leave it (2nd Hall) 9:00 Friday Shopping 9:30 Sound Audiology (CR) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 3:00 Movie (TH) 6:30 Fri. Evening Praise(CH)	