




Celebrate!		Vitality Theme: Move More			PV New Health Services Director	
<p><i>Birthdays</i></p> <p>Amy -Barista- 06      Candice-Staffing - 15th  Patti - 79 - 16th      David - 95- 21st  Brailyn Carestaff - 24th      Kathy -Nurse- 29th</p> <p><i>Anniversaries</i></p> <p>Gio - Cook - 2 years - 7th  Claudia - Med Aide 3years - 29th</p>		<p>Movement is a medicine for creating change in a person's physical, emotional, and mental states.”</p> <p>Carol Welch</p>			<p>Mariah 509- 524- 4103</p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
KEY	Hydration Station	Meal Times			1	2
<p><b>Brain Games</b></p> <p>Puzzles, Word Games, &amp; other Cognitive games</p> <p><b>Rise &amp; Refuel</b></p> <p>Wake up call, hydration, &amp; snack</p> <p><b>Room Visit</b></p> <p>1-on-1 time with staff</p> <p><b>Tidbit Tuesday</b></p> <p>Activites &amp; Games from Tidbits</p>	<p><u>Fruit infused water</u></p> <p>at 10 am &amp; 2 pm Everyday &amp; 5:20 pm Wed - Sat</p>	<p>Breakfast Served 6:00-10:00</p> <p>Lunch Served at 11:30</p> <p>Dinner Served at 4:30</p>	 <p>1640 Durum Drive Walla Walla, WA. 99362 LIC# 1640</p>		<p>8:00 Bible Study (CH)</p> <p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Fancy Nails</p> <p>12:00 Matinee Movie</p> <p>2:00 Rise &amp; Refuel</p> <p>2:30 Scenic Drive</p> <p>3:30 Hydration Station</p> <p>4:00 Great women in History</p> <p>5:00 Evening Movie</p>	<p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Village Church</p> <p>12:00 Matinee Movie</p> <p>1:15 Gardening Time</p> <p>2:00 Rest &amp; Refuel</p> <p>3:00 BINGO</p> <p>5:00 Evening Movie</p>
3	4	5	6	7	8	9
<p>9:30 Exercise (CH)</p> <p>10:00 Hydration Station</p> <p>Spiritual Eldercare (CH)</p> <p>12:00 Matinee Movie</p> <p>1:15 Crocheting</p> <p>2:00 Rise &amp; Refuel: Popcorn</p> <p>3:00 St. Patricks Day Crafts</p> <p>5:00 Evening Movie</p>	<p>8:00 Bible Study (CH)</p> <p>9:30 Hallway Walks</p> <p>10:00 Hydration Station</p> <p>10:30 Fancy Nails</p> <p>12:00 Matinee Movie</p> <p>1:15 Outside Walks</p> <p>2:00 Rest &amp; Refuel</p> <p>2:00 Donuts &amp; Coffee</p> <p>3:00 Crosswords / Word search</p> <p>5:00 Evening Movie</p>	<p>8:00 Bible Study (CH)</p> <p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>Brain Games</p> <p>12:00 Matinee Movie</p> <p>1:15 Tidbit Tuesday</p> <p>2:00 Rise &amp; Refuel</p> <p>3:00 Making Treats Tuesday</p> <p>Cookie Decorating</p> <p>5:00 Evening Movie</p>	<p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Resident Council</p> <p>12:00 Matinee Movie</p> <p>1:15 BINGO</p> <p>2:00 Rise &amp; Refuel</p> <p>2:30 Scenic Drive</p> <p>3:30 Hydration Station</p> <p>4:00 Evening Activity</p> <p>5:00 Evening Movie</p>	<p>8:00 Bible Study (CH)</p> <p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Chaplain Lloyd Visit</p> <p>12:00 Matinee Movie</p> <p>1:15 Room Visits</p> <p>2:00 Birthday Party</p> <p>3:00 Men's Coffee Group</p> <p>4:00 Card Games</p> <p>5:00 Evening Movie</p>	<p>8:00 Bible Study (CH)</p> <p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Fancy Nails</p> <p>12:00 Matinee Movie</p> <p>2:00 Rise &amp; Refuel</p> <p>2:30 Scenic Drive</p> <p>3:30 Hydration Station</p> <p>4:00 Great women in History</p> <p>5:00 Evening Movie</p>	<p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Village Church</p> <p>12:00 Matinee Movie</p> <p>1:15 Gardening Time</p> <p>2:00 Rest &amp; Refuel</p> <p>3:00 BINGO</p> <p>5:00 Evening Movie</p>



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
<p>9:30 Exercise (CH)</p> <p>Fruit Boost</p> <p>Spiritual Eldercare (CH)</p> <p>12:00 Matinee Movie</p>	<p>8:00 Bible Study (CH)</p> <p>9:30 Hallway Walks</p> <p>10:00 Hydration Station</p> <p>10:30 Fancy Nails</p>	<p>8:00 Bible Study (CH)</p> <p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>Brain Games</p>	<p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>Trivia</p> <p>12:00 Matinee Movie</p>	<p>8:00 Bible Study (CH)</p> <p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Chaplain Lloyd Visit</p>	<p>8:00 Bible Study (CH)</p> <p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Fancy Nails</p>	<p>9:30 Exercise</p> <p>10:00 Hydration Station</p> <p>10:30 Village Church</p> <p>12:00 Matinee Movie</p>

1:15 Crocheting	12:00 Matinee Movie	12:00 Matinee Movie	1:15 BINGO	12:00 Matinee Movie	12:00 Matinee Movie	1:15 Gardening Time
2:00 Rise & Refuel: Popcorn	1:15 Outside Walks	1:15 Tidbit Tuesday	2:00 Rise & Refuel	1:15 Room Visits	2:00 Rise & Refuel	2:00 Rest & Refuel
3:00 St. Patricks Day Crafts	2:00 Rest & Refuel	2:00 Rise & Refuel	2:30 Scenic Drive	2:00 New Resident Social	2:30 Scenic Drive	3:00 BINGO
5:00 Evening Movie	2:00 Donuts & Coffee	3:00 Craft	3:30 Hydration Station	3:00 Men's Coffee Group	3:30 Hydration Station	5:00 Evening Movie
	3:00 Crosswords / Word search	5:00 Evening Movie	4:00 Evening Activity	4:00 Card Games	4:00 Great women in History	
	5:00 Evening Movie		5:00 Evening Movie	5:00 Evening Movie Party	5:00 Evening Movie	
17	18	19	20	21	22	23
9:30 Exercise (CH)	8:00 Bible Study (CH)	8:00 Bible Study (CH)	9:30 Exercise	8:00 Bible Study (CH)	8:00 Bible Study (CH)	9:30 Exercise
Fruit Boost	9:30 Hallway Walks	9:30 Exercise	10:00 Hydration Station	9:30 Exercise	9:30 Exercise	10:00 Hydration Station
Spiritual Eldercare (CH)	10:00 Hydration Station	10:00 Hydration Station	Trivia	10:00 Hydration Station	10:00 Hydration Station	10:30 Village Church
12:00 Matinee Movie	10:30 Fancy Nails	Brain Games	12:00 Matinee Movie	10:30 Chaplain Lloyd Visit	10:30 Fancy Nails	12:00 Matinee Movie
1:15 Crocheting	12:00 Matinee Movie	12:00 Matinee Movie	1:15 BINGO	12:00 Matinee Movie	12:00 Matinee Movie	1:15 Gardening Time
2:00 Rise & Refuel: Popcorn	1:15 Outside Walks	1:15 Tidbit Tuesday	2:00 Rise & Refuel	1:15 Room Visits	2:00 Rise & Refuel	2:00 Rest & Refuel
3:00 St. Patricks Day Crafts	2:00 Rest & Refuel	2:00 Rise & Refuel	2:30 Scenic Drive	2:00 Veterans Social	2:30 Scenic Drive	3:00 BINGO
5:00 Evening Movie	2:00 Donuts & Coffee	3:00 Making Treats Tuesday	3:30 Hydration Station	3:00 Men's Coffee Group	3:30 Hydration Station	5:00 Evening Movie
	3:00 Crosswords / Word search	Mint Oreo Ice Cream	4:00 Evening Activity	4:00 Card Games	4:00 Great women in History	
St. Patricks Day	5:00 Evening Movie	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)	8:00 Bible Study (CH)	9:30 Exercise	8:00 Bible Study (CH)	8:00 Bible Study (CH)	9:30 Exercise
Fruit Boost	9:30 Hallway Walks	9:30 Exercise	10:00 Hydration Station	9:30 Exercise	9:30 Exercise	10:00 Hydration Station
Spiritual Eldercare (CH)	10:00 Hydration Station	10:00 Hydration Station	Trivia	10:00 Hydration Station	10:00 Hydration Station	10:30 Village Church
12:00 Matinee Movie	10:30 Fancy Nails	Brain Games	12:00 Matinee Movie	10:30 Chaplain Lloyd Visit	12:00 Matinee Movie	12:00 Matinee Movie
1:15 Crocheting	12:00 Matinee Movie	12:00 Matinee Movie	1:15 BINGO	12:00 Matinee Movie	2:00 Rise & Refuel	1:15 Gardening Time
2:00 Rise & Refuel: Popcorn	1:15 Outside Walks	1:15 Tidbit Tuesday	2:00 Rise & Refuel	1:15 Room Visits	3:45 Easter Egg Hunt	2:00 Rest & Refuel
3:00 Easter Crafts	2:00 Rest & Refuel	2:00 Rise & Refuel	2:30 Scenic Drive	2:00 Sports Social	5:00 Evening Movie	3:00 BINGO
5:00 Evening Movie	2:00 Donuts & Coffee	3:00 Craft	3:30 Hydration Station	3:00 Men's Coffee Group		5:00 Evening Movie
	3:00 Crosswords / Word search	5:00 Evening Movie	4:00 Evening Activity	4:00 Card Games		
31st Happy Easter	5:00 Evening Movie		5:00 Evening Movie	5:00 Evening Movie		