

Vitality Theme: Move More in March

Exercise stimulates brain chemicals that can leave you feeling happier and more relaxed. Regular exercise can enhance the body's immune response, making it more effective at fighting off infections. Exercise can even improve your memory and brain function in all phases of life.

Birthdays!



LIC#1640

Location Guide

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|------------------------------------|-----------------------------------|
| <u>1st Floor</u> W - West Entrance | BS-Beauty Salon |
| EE - 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 CH-Chapel | GAM -Game Room |
| PDR-Private Dining | TH -Movie Theater |
| <u>2nd Floor</u> | CR -Comunity room |
| BC -Business Center | B-Balcony |
| LIB -Library | TBD-To Be Determined |
| 2L -2nd Floor Lobby | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|--|--|--|--|
| 30-Mar | 31-Mar | | | | | 1 |
| 10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominoes (2L) 3:00 Movie (TH) 3:30 Walking Group (EE) 6:00 Evening Movie (TH) | 8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:30 PEO Luncheon (CON) 11:30 Goodwill Courses (W) 1:30-4:00 Medical Transport 1:30 Dominoes (2L) 2:45 Craft: Flower Pot Decor (2L) 3:30 Rummy (2L) | 1500 Catherine Street Walla Walla, WA 99362 | Outings In-House Special Events *Calendars are subject to change at moment's notice* | | | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:15 Dominoes (2L) 1:30 Men's Poker (2L) 2:30 Jacob Phone Help (CON) 3:00 Movie (TH) 3:15 Youth Concert® 4:00 Word Games (CON) 6:00 Evening Movie (TH) |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominoes (2L) 3:00 Movie (TH) 3:30 Walking Group (EE) 6:00 Evening Movie (TH) | 8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:30 Goodwill Courses (W) 1:30-4:00 Medical Transport 1:30 Dominoes (2L) 2:45 Craft: Clover Wreath (2L) 3:30 Rummy (2L) | 8-4:30 Medical Transport 10:15 Gentle Yoga (VC) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Bible Study (CH) 2:00 Hangman (2L) 2:00 Seated Stretching (VC) 3:00 Washington Docuseries (TH) 6:30 WW Symphony (W) | 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 10:30 Ash Wednesday (CH) 11:00 Scenic Drive (W) 1:15 Dominoes (2L) 2:00 Snacks with Sallie (2L) 3:00 Movie (TH) 2:00 Savvy's Water Aerob. (Pool) 3:30 Walking Group (EE) 6:00 Evening Movie (TH) | 10:00 Exercise (CON) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:45 St. Paul's Concert (W) 2:00 Seated Stretching (VC) 3:00 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) | 9:00 Friday Shopping (W) 9:30 Sound Audiology (GAM) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:15 Dominoes 2:00 Birthday Party (CON) 2:30 Scrabble (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise (CH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 Dominoes 2:30 Jacob Phone Help (CON) 3:00 Movie (TH) 3:30 Uno! (2L) 6:00 Evening Movie (TH) |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|---|
| 9 - Daylight Savings | 10 | 11 | 12 | 13 | 14 | 15 |
| 10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos 3:00 Movie (TH) 3:30 Walking Group (EE) 6:00 Evening Movie (TH) | 8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Goodwill Courses(W) 1:30-4:30 Medical Transport 1:30 Dominos (2L) 1:00 Live Hammer-Dulcimer® 2:45 Craft:Clover Suncatcher (2L) 3:30 Rummy (2L) | 8-4:30 Medical Transport 10:00 Exercise (CON) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 12:00 Pianist Carolyn ® 1:30 Bible Study (CH) 2:00 Would You Rather (2L) 2:00 Seated Stretching(VC) 3:00Washington Docuseries(TH) | 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 2:00 Savvy's Water Aerob.(Pool) 2:00 Snacks with Sallie(2L) 3:00 Movie (TH) 3:30 Walking Group (EE) 6:00 Evening Movie (TH) | 8:00 Men's Breakfast (CR) 10:00 Exercise (CON) 10:00Presbyterian Service(CH) 10:40 Candy Bingo (CON) 10:15 Gentle Yoga (VC) 2:00 Seated Stretching(VC) 2:30 Rick Doyle Guitar ® 2:00 AL Council (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) | 9:00 Friday Shopping 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:45 Lunch Bunch (W) 1:15 Dominoes (2L) 2:00 Pie for Pi Day! (2L) 3:00 Floral Arranging (2L) 3:00 Movie (TH) 6:00 Evening movie (TH) 6:30 Fri. Evening Praise(CH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 Dominos 2:30Jacob Phone Help(CON) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) |
| 16 | 17 - St. Patrick's Day | 18 | 19 | 20 | 21 | 22 |
| 10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos 3:00 Movie (TH) 3:30 Walking Group (EE) 6:00 Evening Movie (TH) | 8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Goodwill Courses (W) 1:00 Irish Band ® 1:30-4:30 Medical Transport 2:45Craft:Leprechaun Decor(2L) 3:30 Rummy (2L) | 8-4:30 Medical Transport 10:00 Exercise (CON) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 1:30 Bible Study (CH) 2:00 Words in Words (2L) 2:00 Seated Stretching (VC) 3:00 Don's Town Hall (CON) 3:00Washington Docuseries(TH) | 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 1:30David's Advice Corner(CON) 2:00New Resident Social(RR) 2:00 Savvy's Water Aerob.(Pool) 3:00 Movie (TH) 3:30 Walking Group (EE) | 10:00 Exercise (CON) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Episcopal Service (CH) 2:00 Scrabble (2L) 2:00 Seated Stretching(VC) 2:30 Rick Doyle ® 3:00 Movie (TH) 6:00 Evening Movie (TH) | 9:00 Friday Shopping (W) 9:30 WW Audiology (GAM) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:15 Dominos (2L) 2:00 Veteran's Social (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 2:30Jacob Phone Help(CON) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos (2L) 2:00FortWW Live History(W) 3:00 Movie (TH) 6:00 Evening Movie (TH) | 8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 11:00 Mending with Akiko(CR) 11:00 Goodwill Courses (W) 1:30-4:30 Medical Transport 1:30 Dominos (2L) 2:45 Craft:Rainbow Lantern(2L) 3:30 Rummy (2L) | 8-4:30 Medical Transport 10:00 Exercise (CON) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 1:30 Bible Study (CH) 2:00 What's in the Box? (2L) 2:00 Seated Stretching (VC) 3:00Washington Docuseries(TH) | 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 2:00 Snacks with Sallie (2L) 2:00 Savvy's Water Aerob.(Pool) 3:00 Movie (TH) 4:45 Dinner Dash (W) 6:00 Evening Movie (TH) | 10:00 Exercise (CON) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 2:00 Scrabble (2L) 2:00 Seated Stretching(VC) 2:00Speaker:Mary&Abe Lincoln(C 3:00 Movie (TH) 3:30FortWW After-Hours(W) 6:00 Evening Movie (TH) | 8-12Love It or Leave It(2nd Hall) 9:00 Friday Shopping (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:15 Dominos (2L) 1:30 Goodwill & Mall (W) 2:30 Karaoke Party! (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 2:30Jacob Phone Help(CON) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) |