

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

<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	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
30-Mar	31-Mar					1
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) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 11:00 Balance & Strength(VC) 11:30 Goodwill Computer Class(W) 11:30 PEO Luncheon (CON) 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft: Flower Pot Decor(2L) 3:00 Two Bit Bingo (CON)		 1500 Catherine Street Walla Walla, WA 99362	Color Key: Outings In-House Special Events Calendars are subject to change at moment's notice		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) 3:15 Youth Concert® 3:00 Movie (TH) 6:00 Evening Movie (TH)
2	3	4	5	6	7	8
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) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:00 Balance & Strength(VC) 11:30 Goodwill Computer Class(W) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft: Clover Wreath(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 12:15 Painting (CR) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 2:00 Seated Stretching(VC) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Washington Docuseries(TH) 6:30 WW Symphony (W)	8:30 Senior Living Outing TBD 10:00 Exercise (2L) 10:30 Ash Wednesday (CH) 10:40 Candy Bingo (CON) 11:00 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Snacks with Sallie (2L) 2:00 Savvy's Water Aerob.(Pool) 3:00 Movie (TH) 3:30 Word Games (2L) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 11:45 St.Paul's Concert (W) 2:00 Seated Stretching(VC) 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30 Sound Audiology (GAM) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Stretch & Flex (VC) 1:30 Dominos (2L) 1:30 Bridge (GAM) 2:00 Birthday Party (CON) 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
9 - Daylight Savings	10	11	12	13	14	15
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) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 11:00 Mending with Akiko(CR) 11:30 Goodwill Computer Class(W) 1:00 Pinochle (GAM) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:00 Live Hammer-Dulcimer® 2:45 Craft:Clover Suncatcher(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 11:00 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(VC) 3:00 Washington Docuseries(TH)	8:30 Senior Living Outing TBL 10:00 Exercise (CON) 11:00 Balance & Strength(VC) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 2:00 Savvy's Water Aerob.(Pool) 3:00 Resident Council(CON) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 6:00 Evening movie (TH)	7:15 Water Aerobics (Pool) 8:00 Men's Breakfast(CR) 10:00 Presbyterian Worship(CH) 10:15 Gentle Yoga (VC) 11:00 Episcopal Service (CH) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 2:00 Seated Stretching(VC) 3:00 Movie (TH) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30 Floral Arranging (CR) 11:00 Stretch & Flex (VC) 11:45 Lunch Bunch (W) 1:30 Bridge (GAM) 2:00 Pie for Pi Day!(2L) 3:00 Movie (TH) 3:00 Two Bit Bingo (VC) 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)
16	17 - St. Patrick's Day	18	19	20	21	22
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) 3:30 Walking Group (EE) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 11:30 Goodwill Computer Class(W) 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat(CR) 1:00 Irish Band ® 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft:Leprechaun Decor(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 3:00 Skip-Bo (GAM) 2:00 Seated Stretching(VC) 3:00 Don's Town Hall(CON) 3:00 Washington Docuseries(TH)	8:30 Senior Living Outing TBL 11:00 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:30 David's Advice Corner(CON) 2:00 New Resident Social(RR) 2:00 Savvy's Water Aerob.(Pool) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:00 Episcopal Service (CH) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 2:00 Seated Stretching(VC) 2:30 Rick Doyle Guitar® 3:00 Skip-Bo (GAM) 4:00 Dominos (2L) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30 WW Audiology (GAM) 10:40 Candy Bingo (CON) 11:00 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Veteran's Social(CON) 2:00 Albertsons & Joann(W) 3:00 Two Bit Bingo (CON) 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)
23	24	25	26	27	28	29
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 FortWW Live History(W) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 11:00 Mending with Akiko(CR) 11:30 Goodwill Computer Class(W) 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft:Rainbow Lantern(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:30 Book Club (D4) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 3:00 Skip-Bo (GAM) 3:00 Washington Docuseries(TH)	8:30 Senior Living Outing TBL 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Savvy's Water Aerob.(Pool) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 4:45 Dinner Dash (W) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 2:00 Seated Stretching(VC) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:30 FortWW After-Hours(W) 6:00 Evening Movie (TH)	8-12 Love or Leave it (2nd Hall) 9:00 Friday Shopping 9:30 Sound Audiology (CR) 10:40 Candy Bingo (CON) 11:00 Stretch & Flex (VC) 1:30 Goodwill & Mall (W) 2:30 Karaoke Party! (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 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)