

Vitality Theme: Mental Health Awareness

Birthdays!


Location Guide

"What mental health needs is more sunlight, more candor, and more unashamed conversation." - Glenn Close



LIC#1640

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
 1500 Catherine Street Walla Walla, WA 99362	Color Key: *Outings - Sign Up on 3rd Floor In-House Special Events			7:15 Water Aerobics (Pool) 10:00 Men's Coffee Group (CR) 10:15 Gentle Yoga (VC) 11:00 Gentle Chair Fit (VC) 11:45 St. Paul's Concert (W)* 2:00 Cooking with Hailey (CR) 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 (CR) 11:00 Stretch & Flex (VC) 2:00 Birthday Party (CON) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:30 Whitman Concert (W)* 4:00 Live 50's Music® 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise (CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 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					
4	5	6	7	8	9	10
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) 11:00 Mending with Akiko (CR) 11:00 Balance & Strength (VC) 11:30 Goodwill Courses (W) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:30 Craft: Flower Basket (2L) 3:00 Two Bit Bingo (CON) 3:30 Walking Group (EE)	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 Emma's Crochet Club (CR) 3:00 Skip-Bo (GAM) 3:00 Tuesday Docu (TH)	8:30 Senior Living Outing (W)* 10:00 Exercise (2L) 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 Walking Group (EE) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 8:00 Men's Breakfast (CR) 10:00 Presbyterian Worship (CH) 10:00 Men's Coffee Group (CR) 10:15 Gentle Yoga (VC) 11:00 Episcopal Service (CH) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 2:00 Cooking with Hailey (CR) 2:00 Seated Stretching (VC) 3:00 Movie (TH) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30 Floral Arranging (CR) 10:40 Candy Bingo (CON) 11:00 Stretch & Flex (VC) 11:45 Lunch Bunch (W)* 1:30 Dominos (2L) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:30 Walking Group (EE) 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) 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
<b>11 - Mother's Day</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
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) 3:30 Walking Group (EE) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 11:30 Goodwill Courses(W) 1:00 Pinochle (GAM) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:00 Lawrence H. Music® 2:30 Craft: Flower Bookmarks(2L) 3:00 Two Bit Bingo (CON) 3:30 Walking Group (EE)	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 Emma's Crochet Club(CR) 3:00 Tuesday Docu (TH) 6:30 WW Symphony (W)*	8:30 Senior Living Outing(W)* 10:00 Exercise (CON) 11:00 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 2:00 Savvy's Water Aerob.(Pool) 2:30 Vision Loss Present.(CON) 3:00 Resident Council(CON) 3:00 Movie (TH) 3:30 Walking Group (EE) 6:00 Evening movie (TH)	7:15 Water Aerobics (Pool) 10:00 Men's Coffee Group(CR) 11:00 Episcopal Service (CH) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 2:00 Cooking with Hailey(CR) 2:00 Seated Stretching(VC) 2:30 Rick Doyle Guitar® 3:00 Skip-Bo (GAM) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30 WW Audiology (GAM) 11:00 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Veteran's Social(CON) 2:00 Albertsons & Joann(W) 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 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)
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
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) 11:00 Mending with Akiko(CR) 11:30 Goodwill Courses(W) 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat(CR) 1:00 Live Hammer-Dulcimer® 1:30 Bridge (GAM) 2:30 Craft: Flower Paperchain(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) 2:00 Seated Stretching(VC) 3:00 Don's Town Hall(CON) 3:00 Skip-Bo (GAM) 3:00 Tuesday Docu (TH)	8:30 Senior Living Outing(W)* 11:00 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Savvy's Water Aerob.(Pool) 2:00 New Resident Social(RR) 3:00 Movie (TH) 3:30 Walking Group (EE) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:00 Men's Coffee Group(CR) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 2:00 Cooking with Hailey(CR) 2:00 Seated Stretching(VC) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 6:00 Evening Movie (TH)	9:00 Friday Shopping 11:00 Stretch & Flex (VC) 1:30 Goodwill & Mall(W)* 3:00 Two Bit Bingo (CON) 2:00 Putt-Putt Tournament(GC) 3:30 Walking Group (EE) 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) 2:30 Jacob Phone Help(CON) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
<b>25</b>	<b>26 - Memorial Day</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
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 Courses(W) 11:30 PEO Luncheon (CON) 1:00-3:00 Craft & Chat (CR) 1:30 Bridge (GAM) 2:00 Craft: Red Poppies(2L) 3:00 Memorial Day Service(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 Emma's Crochet Club(CR) 3:00 Skip-Bo (GAM) 3:00 Tuesday Docu (TH)	8:30 Senior Living Outing(W)* 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 Movie (TH) 3:30 Walking Group (EE) 4:45 Dinner Dash (W) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:00 Men's Coffee Group(CR) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 2:00 Cooking with Hailey(CR) 2:00 Seated Stretching(VC) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 6:00 Evening Movie (TH)	8-12 Love It or Leave It(2ndFlo) 9:00 Friday Shopping 11:00 Stretch & Flex (VC) 1:30 Goodwill & Mall(W)* 3:00 Two Bit Bingo (CON) 3:30 Walking Group (EE) 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) 2:30 Jacob Phone Help(CON) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)