



Meal Times

1640 Durum Dr,
Walla Walla, WA 99362
LIC#1640

Breakfast Served
6:00-10:00 am


Lunch Served
at 11:30

Dinner Served
at 4:30

Mental Health!

“Being able to be your true self is one of the strongest components of good mental health.”

Lauren Fogel Mersy, n.d.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Dimensions of Wellbeing</i>	 <p>Joyce May 6th Jeannie May 18th Margaret May 19th</p> <p>Activities are subject to change</p>			1	2	3
Emotional				9:30 Exercise	9:30 Exercise	9:30 Exercise
Spiritual				10:00 Joggin your Noggin	10:00 Trivia	10:00 Finish The Phrase
Cognitive/Intellectual				10:30 Chaplain Lloyd Visit	10:30 Brain Games	10:30 Village Church
Social				12:00 Documentary	12:00 Documentary	12:00 Documentary
Physical				1:15 Walking Club	1:15 Hallway Sports	1:15 One on One
4	5	6	7	8	9	10
9:30 Exercise (CH)	9:30 Exercise	9:30 Exercise	9:30 Chair Zumba	9:30 Exercise	9:30 Exercise	9:30 Exercise
10:00 Hymn Sing-Along	10:00 Fancy Nails	10:00 Tidbit Tuesday	10:00 Reminisce	10:00 Joggin your Noggin	10:00 Trivia	10:00 Finish The Phrase
Spiritual Eldercare (CH)	10:30 Price is Right	10:30 Finish The Phrase	10:30 Current Events	10:30 Chaplain Lloyd Visit	10:30 Brain Games	10:30 Village Church
12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary
1:15 Gardaning Club	1:15 One on One	1:15 Afternoon Mental Health	1:15 Table Games	1:15 Walking Club	1:15 Hallway Sports	1:15 One on One
2:00 Table Games	2:00 Cinco De Mayo Social !	2:00 Donuts & Coffee	2:00 Scenic Drive	2:00 Group Table Games	2:00 Mothers Day Social	2:00 Bingo
3:00 Arts & Craft	3:00 Bingo	3:00 Group Discussion	3:30 Trivia	3:00 Short Stories	3:00 Reminisce Round Table	3:00 History Discussion
5:00 Evening Movie	5:00 Evening Movie	3:30 Scattergories	5:00 Evening Movie	4:00 Card games	4:00 Great men in History	4:00 Sorting Bins

1:15 Gardaning Club	1:15 One on One	1:15 Afternoon Mental Health	1:15 Table Games	1:15 Walking Club	1:15 Hallway Sports	1:15 One on One
2:00 Table Games	2:00 Memorial Day Social	2:00 Group Discussion	2:00 Scenic Drive/Ft WW	2:00 Group Table Games	2:00 Sip & Paint	2:00 Bingo
3:00 Arts & Craft	3:00 Bingo	3:00 Outdoor Garden	3:30 Trivia	3:00 Short Stories	3:30 Flower Arrangment	3:00 History Discussion
5:00 Evening Movie	5:00 Evening Movie	3:30 Scattergories	5:00 Evening Movie	4:00 Card games	4:00 Great men in History	4:00 Sorting Bins
		5:00 Evening Movie		5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie