

Vitality Theme: Random Acts of Kindness

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.” ~
Maya Angelou

Birthdays!

Katherine Manning 10th
Marilyn Noble 12th
Mike Berry 13th
Clifford Bates 14th
Evelyn Heinevetter 16th



JoAnne Williams 16th
Julie Drischell 17th
Max Barclay 18th
Dennis Jording 18th



Tom Scribner 21st
Joyce Muzzall 22nd
Maryann Wilson 26th
Loretta Levalley 26th
Jean Cole 28th

Location Guide

1st Floor W - West Entrance
E - 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
COM -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

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
1:00 Seated Stretching with Savvy (CON)
2:00 Ukulele Ladies Group Performance (CON)
2:30 Culture Topic Chat (2L)
3:00 Movie (TH)
3:15 Group Crafts with Peggy (2L)

9:00 Friday Shopping
9:30 Sound Audiology (COM)
10:00 Exercise (CON)
10:40 Candy Bingo (CON)
1:00 Dominos w/Peggy
2:00 Birthday Party (CON)
3:00 Movie (TH)
3:15 Groups Games w/ Jen
6:30 Vespers (CH)

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:00 Village Church (TH)
1:00 Crosswords w/Jen (2L)
2:00 Hangman w/ Jen (2L)
3:00 Movie (TH)
3:15 Group Games w/Jen
4:00 Reading corner w/ Jen (2L)

4

5

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10

10:00 Methodist Church
Call 525-1870 to Schedule Pick-up
10:00 Exercise (CON)
10:30 Catholic Service (CH)
10:40 Candy Bingo (CON)
1:00 Word Games w/Jen (2L)
2:00 Hot drinks Chat and snack w Jen (2L)
3:00 Movie (TH)
3:15 Word Games w/ Jen (2L)
4:00 Reading corner w/ Jen (2L)

8:30 Coffee & Donuts (2L)
9:00 Walmart / Andy's (W)
10:00 Exercise (CON)
10:40 Candy Bingo (CON)
1:00 Dice games (2L)
2:00 Pool walking + W/Peggy (P)
2:00 Tri-Ominos (2L)
3:00 Chair movement w/Peggy(2L)
3:30 Heart Wreath Crafts (2L)

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
1:00 Seated Stretching with Savvy (CON)
1:00 Men's Poker @
1:00 Bible Study (CH)
1:30 Bean Bag Toss (2L)
2:00 Heart Wreaths (2L)
3:30 Left-Right Read (2L)
Box Challenge Games (2L)

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:00 Scenic Drive (W)
1:00 Dominos w/Peggy (2L)
3:00 Movie (TH)
3:15 Heart Pillow craft w/Peggy
3:30 Culture topic Discussion corner (2L)
6:00 Evening Movie (TH)

10:00 Exercise (CON)
10:00 Presbyterian Worship (CH)
10:40 Candy Bingo (CON)
1:00 Seated Stretching with Savvy (CON)
1:30 Chair movement Games with Balloons (2L)
2:00 Heart Craft & Culture Topic
3:00 Movie (TH)
3:15 Seated Paper Race (2L)
6:00 Evening Movie (TH)

8:00 Men's Breakfast (PDR)
9:00 Friday Shopping (W)
10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:45 Lunch Bunch: TBD
1:30 Chair movement games (2L)
2:10 UNO (2L)
3:00 Movie (TH)
3:15 Heart Wreath Craft (2L)
6:30 Vespers (CH)
6:30 Hand picked Band @

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:00 Village Church (TH)
1:00 Crosswords w/Jen (2L)
2:00 Hangman w/ Jen (2L)
3:00 Movie (TH)
3:15 Group Games w/Jen
4:00 Reading corner w/ Jen (2L)
6:00 Evening Movie (TH)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
10:00 Methodist Church 10:00 Exercise (CON) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Word Games w/Jen (2L) 2:00 Hot drinks Chat & snack w Jen (2L) 3:00 Movie (TH) 3:15 Word Games w/ Jen (2L) 4:00 Reading corner w/ Jen (2L)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(COM) 1:30 Match Madness (2L) 2:00 Pool walking + W/Peggy (P) 2:30 Chair movement games (2L) 3:15 Heart Pillow Crafts with Peggy (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 12:00 Pianist Carolyn ® 1:00 Seated Stretching (CON) 1:00 Men's Poker ® 1:00 Bible Study (CH) 1:30 Rice Crispy Heart Decoration craft (2L) 3:30 Dominos (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:30 Match Madness (2L) 2:30 Chair movement games (2L) 3:00 Movie (TH) 3:15 Dice games (2L) 5:00 Justin King, Valentine's Day musical performance ® 6:00 Evening Movie (TH)	10:00 Exercise (CON) 11:00 Episcopal Service (CH) 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Savvy (CON) 1:30 Chair movement Games (2L) 2:15 Dominos (2L) 3:00 Movie (TH) 3:15 Word games (2L) 6:00 Evening movie (TH)	9:00 Friday Shopping 9:30 WW Audiology (GAM) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Dominos w/Peggy (2L) 2:15 Chair Movement Games (2L) 2:30 Veteran's Hour (CON) 3:00 Movie (TH) 3:10 Heart Wreath Craft (2L) 6:00 Evening movie (TH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Jen (2L) 2:00 Hangman w/ Jen (2L) 3:00 Movie (TH) 3:15 Group Games w/Jen 4:00 Reading corner w/ Jen (2L) 6:00 Evening Movie (TH)
18	19	20	21	22	23	24
10:00 Exercise (CON) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Word Games w/Jen (2L) 2:00 Hot drinks Chat & snack w Jen (2L) 3:00 Movie (TH) 3:15 Word Games w/ Jen (2L) 4:00 Reading corner w/ Jen (2L)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Match Madness (2L) 2:00 Pool walking + W/Peggy (P) 2:30 Chair movement games (2L) 3:15 Tri-Ominos (2L) 4:30 George Whipple Music ®	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Seated Stretching with Savvy (CON) 1:00 Men's Poker ® 1:30 Seated String Can Maze (2L) 3:00 Tom's Town Hall (CON) 3:30 Left-Right Read (2L) 3:15 Dominos (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:30 Match Madness (2L) 2:00 New Resident Social (RR) 3:10 Flower Arranging (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:30 AL Resident Council (con) 1:00 Seated Stretching (CON) 2:00 Chair movement Games(2L) 2:10 Water Pong Toss Game (2L) 3:00 Movie (TH) 3:15 Play Dough Crafts (2L) 6:00 Evening movie (TH)	9:00 Friday Shopping 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Match Madness (2L) 2:30 Chair movement Games(2L) 3:00 Movie (TH) 3:10 Dominos (2L) 4:00 Wolf Creek Band (R) 6:30 Vespers (CH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Jen (2L) 2:00 Hangman w/ Jen (2L) 3:00 Movie (TH) 3:15 Group Games w/Jen 4:00 Reading corner w/ Jen (2L) 6:00 Evening Movie (TH)
25	26	27	28	29		
10:00 Exercise (CON) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Word Games w/Jen (2L) 2:00 Hot drinks Chat & snack w Jen (2L) 3:00 Movie (TH) 3:15 Word Games w/ Jen (2L) 4:00 Reading corner w/ Jen (2L)	8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Mending w/ Akiko (GAM) 1:30 Match Madness (2L) 2:00 Pool walking + W/Peggy (P) 2:30 Chair movement games (2L) 3:15 Play Dough Crafts	8:30 Coffee & Donuts (2L) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Men's Poker ® 1:00 Bible Study (CH) 2:10 Water Pong Toss Game (2L) 2:30 Dice Games (2L) 3:15 Play Dough Crafts (2L)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive(W) 1:30 Dominos (2L) 2:30 Chair movement Games(2L) 3:00 Movie (TH) 3:15 Dice games (2L) 4:45 Dinner Dash TBD 6:00 Evening Movie (TH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Seated Stretching (CON) 1:30 Chair movement Games(2L) 2:15 Tri-Ominos (2L) 3:00 Movie (TH) 3:15 Watercolors (2L) 6:00 Evening movie (TH)		

