

Vitality Theme: Mental Health Awareness

We encourage each other to stay connected with loved ones. We offer regular exercise classes of 30 minutes or more a day to boost our mood and health. We are here to help if you feel overwhelmed-Don't be afraid to ask for help.

Birthdays!

John Bleth 2nd	Janet Thornton 8th	Dolores Peery 16th
Frances Hendricks 2nd	Verna Davis 10th	Ardys Kelly 20th
Phyllis Wade 2nd	Ernestine Baker 12th	Marjorie Zachrison 20th
Patricia Benton 5th	Henry Henderson 14th	Dianne Mosher 20th
Jerry Mosgrove 5th	Patricia Cooper 15th	Arthur Barnaby 27th
Barbara Danforth 6th		Arnold Coe 27th



Location Guide

<u>1st Floor</u> W - West Entrance	BS-Beauty Salon
E - 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
2nd Floor BC -Business Center	COM -Community room
LIB -Library	B-Balcony
2L -2nd Floor Lobby	TBD-To Be Determined

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3

4



1500 Catherine Street
Walla Walla, WA 99362

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:00 Scenic Drive (W)
1:30 Dominoes
2:00 Burlap Sunflower Craft
3:00 Movie (TH)
3:15 Chinese Checkers
4:00 Scrabble
6:00 Evening Movie (TH)

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
1:00 Men's Poker
2:00 Seated Stretching with Savvy (CON)
1:30 Skip-Bo W/Peggy
3:00 Movie (TH)
4:00 Dominos (2L)
6:00 Evening Movie (TH)

9:00 Friday Shopping
9:30 Sound Audiology (COM)
10:00 Exercise (CON)
10:40 Candy Bingo (CON)
1:15 Dominoes
2:00 Birthday Party (CON)
3:00 Movie (TH)
3:15 Skip-Bo Cards
6:30 Vespers (CH)

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:00 Village Church (TH)
1:00 Crosswords (2L)
2:00 Cinco de Mayo hour
Mocktails and treats
3:00 Movie (TH)
3:15 Group Games (2L)
6:00 Evening Movie (TH)

5

6

7

8

9

10

11

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)
1:30 Self-Led Dominoes
2:30 Self-Led Activity Packs
3:00 Movie (TH)
3:15 Adult Coloring+
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 Mending W/ Akiko(COM)
1:30 Tri-Ominos
2:30 Games with Savvy
3:30 Scrabble

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
1:00 Bible Study (CH)
1:15 Word Games
2:00 Seated Stretching with Savvy
2:30 Paper Straw Tree Paint
3:30 Left-Center-Right Dice

8:00 Men's Breakfast (PDR)
10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:00 Scenic Drive (W)
1:30 Tri-Ominos
2:30 Paper Tree Straw paint
3:00 Movie (TH)
3:15 Comedy Hour
4:00 Adult Color+ Glitter Jel Pens and paint
6:00 Evening Movie (TH)

10:00 Exercise (CON)
10:00 Presbyterian Worship (CH)
10:40 Candy Bingo (CON)
1:00 Men's Poker
2:00 Seated Stretching with Savvy (CON)
1:30 Dice Games
2:30 Pearl Harbor
Documentary
3:00 Movie (TH)
4:00 Dominos (2L)

9:00 Friday Shopping (W)
10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:45 Lunch Bunch: TBD
2:00 Mother's Day Tea
3:00 Movie (TH)
3:15 Word Games
6:00 Evening Movie (TH)
6:30 Vespers (CH)

10:00 Exercise (CON)
10:40 Candy Bingo (CON)
11:00 Village Church (TH)
1:00 Crosswords (2L)
1:30 No Bake Cookies
2:30 Scrabble
3:00 Movie (TH)
3:15 Group Games (2L)
6:00 Evening Movie (TH)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
10:00 Methodist Church 10:00 Exercise (CON) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Self-Led Dominoes 2:30 Self-Led Activity Packs 3:00 Movie (TH) 3:15 Adult Coloring+ 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) 1-5 Medical Transport 1:30 Tri-Ominos 2:30 Table games (2L) 3:00 Comedy Hour	8-4:30 Medical Transport 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 12:00 Pianist Carolyn ® 1:00 Bible Study (CH) 1:30 Outside Garden Day 2:00 Seated Stretching with Savvy (CON) 3:30 Left-Center-Right Dice 4:00 Word Game	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:30 Dominos (2L) 2:00 New Resident Social (RR) 3:00 Movie (TH) 3:15 Comedy Hour 4:00 Adult Color/Water Paint 6:00 Evening Movie (TH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Episcopal Service (CH) 11:45 AL Resident Council 1:00 Men's Poker 1:30 Quad-Ominos 2:00 Seated Stretching 2:30 20 Strangest places Where People Aactually Live 3:15 Dominos (2L)	9:00 Friday Shopping 9:30 WW Audiology (COM) 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Outside Garden Day 2:30 Veteran's Hour (CON) 3:00 Movie (TH) 3:15 Word Games 6:00 Evening movie (TH) 6:30 Vespers (CH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Rice Krispies Treats 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Evening Movie (TH)
19	20	21	22	23	24	25
10:00 Exercise (CON) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Self-Led Dominoes 2:30 Self-Led Activity Packs 3:00 Movie (TH) 3:15 Adult Coloring+ 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 Mending with Akiko(GAM) 1:30 Tri-Ominos 2:30 Adult Coloring+ 3:30 Scrabble	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Outside Garden Day 2:00 Seated Stretching with Savvy (CON) 3:00 Town Hall (CON) 3:30 Left-Center-Right Dice 4:00 Group Games	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:30 Dominos (2L) 2:15 Tri-Ominos 3:00 Movie (TH) 3:15 Flower Arranging (2L) 4:00 Adult Color+ Glitter Jel 6:00 Evening Movie (TH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Men's Poker 1:30 Quad-Ominos 2:00 Seated Stretching 2:30 Pearl Harbor Docum. 3:00 Movie (TH) 3:30 Scrabble 6:00 Evening Movie (TH)	9:00 Friday Shopping 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Outside Garden Day 3:00 Movie (TH) 3:15 Dominoes (2L) 4:00 Scrabble 4:00 Wolf Creek Band ® 6:00 Evening Movie (TH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Smores Bake 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Evening Movie (TH)
26	27	28	29	30	31	
6:00 Evening Movie (TH) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Self-Led Dominoes 2:30 Self-Led Activity Packs 3:00 Movie (TH) 3:15 Adult Coloring+ 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) 1-5 Medical Transport 1:30 Tri-Ominos 2:30 Table games (2L) 3:00 Comedy Hour	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Outside Garden Day 2:00 Seated Stretching with Savvy (CON) 3:30 Left-Center-Right Dice 4:00 Group Games	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:30 Dominos (2L) 2:15 Tri-Ominos 3:00 Movie (TH) 3:15 Comedy Hour 4:00 Adult Color+ Glitter Jel 6:00 Evening Movie (TH)	10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:00 Men's Poker 1:30 Quad-Ominos 2:00 Seated Stretching 2:30 Pearl Harbor Docum. 3:00 Movie (TH) 3:30 Scrabble 6:00 Evening Movie (TH)	8:00 Love it or Leave it 9:00 Friday Shopping 10:00 Exercise (CON) 10:40 Candy Bingo (CON) 1:30 Outside Garden Day 3:00 Movie (TH) 3:10 Tri-Ominos 6:00 Evening Movie (TH) 6:30 Vespers (CH)	