

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

<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
<u>2nd Floor</u> 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
 1500 Catherine Street Walla Walla, WA 99362				8:00 Water Aerobics 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Linda 2:00 Ukulele Ladies Group (CON) Performance (CON) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:10 Group Crafts w/Peggy (2L)	9:00 Friday Shopping 9:30 Sound Audiology (COM) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Birthday Party (CON) 3:00 Movie (TH) 3:30 Two Bit Bingo (CON) 6:30 Vespers (CH) 3:15 Group Games w/Jen (2L)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Jen (2L) 1:30 UNO (Gam) 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 Table Games (3L)
4	5	6	7	8	9	10
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:00 Word Games w/Jen (2L) 2:00 Hot drinks Chat and snack w Jen (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Word Games w/ Jen (2L) 4:00 Reading corner w/ Jen (2L)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:00 Pool Walking + w/Peggy 3:00 Two Bit Bingo (CON) 3:00 Chair movement w/Peggy(2L) 3:30 Heart Wreath Crafts (2L)	8:00 Water Aerobics (Pool) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Men's Poker (PDR) 1:00 Seated Stretching w/Savvy 1:00 Pinochle (GAM) 1:00 Bible study (CH) 2:00 Watercolors (2L) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing TBD 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:00 Dominos (2L) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Heart Pillow craft w/Peggy 6:00 Evening Movie (TH)	8:00 Water Aerobics (Pool) 10:00 Presbyterian Worship (CH) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Savvy 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:00 Card making w/Evie (COM) 6:00 Evening Movie (TH)	8:00 Men's Breakfast (PDR) 9:00 Friday Shopping 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 11:45 Lunch Bunch: TBD 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:30 Vespers (CH) 6:30 Hand Picked Band Musical Performance ®	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Jen (2L) 1:30 UNO (Gam) 2:00 Hangman w/ Jen (2L) 3:00 Movie (TH) 3:15 Group Games w/Jen (2L) 4:00 Reading corner w/ Jen (2L) 6:00 Table Games (3L) 6:00 Evening Movie (TH)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11	12	13	14	15	16	17
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:00 Word Games w/Jen (2L) 2:00 Hot drinks Chat and snack w Jen (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 4:00 Reading corner w/ Jen (2L)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(COM) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 2:00 Pool Walking + w/Peggy 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:00 Pianist Carolyn ® 12:15 Watercolor (COM) 1:00 Seated Stretching w/Savvy 1:00 Men's Poker (PDR) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing TBD 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:00 Dominos (2L) 3:00 Resident Council (CON) 3:00 Movie (TH) 3:00 Candy BINGO (COM) 5:00 Justin King, Valentine's Day musical performance ®	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Episcopal Service (CH) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Savvy 2:30 Rick Doyle on Guitar ® 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:15 Word games (2L) 6:00 Evening movie (TH)	9:00 Friday Shopping 9:30~ WW Audiology 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Dollar Store & JoAnn Trip (W) 2:30 Veteran's Hour (CON) 3:30 Two Bit Bingo (CON) 3:00 Movie (TH) 6:30 Vespers (CH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Jen (2L) 1:00 Post-It covers w/Evie(COM) 1:30 UNO (Gam) 2:00 Hangman w/ Jen (2L) 3:00 Movie (TH) 3:15 Group Games w/Jen (2L) 4:00 Reading corner w/ Jen (2L) 6:00 Table Games (3L)
18	19	20	21	22	23	24
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:00 Word Games w/Jen (2L) 2:00 Hot drinks Chat and snack w Jen (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 4:30 George Whipple Music ®	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Seated Stretching w/Savvy 1:00 Men's Poker (PDR) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Tom's Town Hall (CON)	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:00 Floral Arranging (COM) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:00 Dominos (2L) 2:00 New Resident Social (RR) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 6:30 Card making w/Evie (COM)	8:00 Water Aerobics (Pool) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Savvy 1:30 Scrabble (2L) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 6:00 Evening movie (TH)	8-12 Love it or Leave it. (2Hall) 9:00 Friday Shopping 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Goodwill & Mall Trip (W) 3:00 Two Bit Bingo (CON) 4:00 Wolf Creek Band 6:30 Vespers (CH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords w/Jen (2L) 1:30 UNO (Gam) 2:00 Hangman w/ Jen (2L) 3:00 Movie (TH) 3:15 Group Games w/Jen (2L) 4:00 Reading corner w/ Jen (2L) 6:00 Table Games (3L)
25	26	27	28	29		
10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:00 Word Games w/Jen (2L) 2:00 Hot drinks Chat and snack w Jen (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(GAM) 11:15 Balance & Strength(VC) 11:30 PEO Luncheon (COM) 1:00-3:00 Craft & Chat (COM) 2:00 Pool Walking + w/Peggy 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 10:30 Book Club (COM) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Men's Poker (PDR) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 6:15 Symphony Concert outing	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Dice games (2L) 4:45 Dinner Dash TBD 6:00 Evening Movie (TH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching w/Savvy 1:30 Chair movement Games(2L) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:15 Watercolors (2L) 6:00 Evening movie (TH)		

