

### Vitality Theme: Play!

#### The Benefits of Play for Adults

- Triggers endorphins (our feel-good chemicals) and relieves stress.
- Boosts creativity. We learn best when we're relaxed and having fun!
- Improves our connection to others. Sharing laughter and fun can foster empathy, compassion and trust.
- Keeps us feeling young and energetic. Play can even boost your resistance to disease!
- Keeps our brains healthy. Engaging in intellectually challenging games can prevent memory problems and improve brain function.


### Birthdays!

Carol Gundrson 2nd	Marlene Kendziora 9th	Tom Mosher 16th
Dolores Wright 2nd	Diana Nelson 12th	Cliff Widmayer 16th
Richard Preas 7th	Lynda Brown 12th	Janet Wood 21st
Margo Scribner 7th	Dorothy Noble 15th	Betty Hoffman 24th
	Charles Curtis 15th	



### 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
 <p>1500 Catherine Street Walla Walla, WA 99362</p>						
2	3	4	5	6	7	8
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) 3:15 Adult Coloring packets (2L) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 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) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 1:30 Dominos (2L) 2:45 Table Games (2L) 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 1:30 Dominos (2L) 2:00 Seated Stretching (CON) 2:00 Domino Games (GAM) 2:45 True OR False (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) 1:30 Dominos (2L) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Chinese Checkers 6:00 Evening Movie (TH) 6:30 Post-its w/Evie (COM)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Men's Poker (3L) 1:30 Dice Games (2L) 2:00 Seated Stretching (CON) 3:00 Cards w/ Evie (COM) 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 6:00 Evening Movie (TH)	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) 3:00 Two Bit Bingo (CON) 6:00 Evening Movie (TH) 6:30 Vespers (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Build a Snack (2L) 1:30 Box craft w/Evie (COM) 1:30 UNO (Gam) 2:30 Scrabble (2L) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening Movie (TH)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</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)  6:00 Evening movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:00-3:00 Craft & Chat (COM) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 1:30 Dominos (2L) 2:30 Table Games (2L) 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) <b>12:00 Pianist Carolyn ®</b> 12:15 Watercolor (COM) 1:00 Pinochle (GAM) <b>1:30 Bible study (CH)</b> 2:00 Seated Stretching (CON) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM)	<b>8:00 Men's Breakfast (COM)</b> 8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:30 Tri-Ominos (2L) 2:30 Paper Tree Straw paint(2L) For garden decoration (2L) <b>3:00 Resident Council (CON)</b> 3:00 Movie (TH) 3:00 Candy BINGO (COM)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Men's Poker (3L) 1:30 Dice Games (2L) 2:00 Seated Stretching (CON) <b>3:00 Cards w/ Evie (COM)</b> 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 6:00 Evening Movie (TH)	9:00 Friday Shopping 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) <b>11:45 Lunch Bunch: TBD</b> 1:30 Dice Games with Peggy(2L) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Vespers (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Build a Snack (2L) <b>1:30 Cards w/ Evie (COM)</b> 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</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) <b>3:00 Two Bit Bingo (CON)</b> <b>3:00 Movie (TH)</b> 3:15 Adult Coloring packets (2L) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) <b>11:00 Mending with Akiko(GAM)</b> 1:00 Pinochle (GAM) 1-5 Medical Transport 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (COM) 1:00 Pinochle (GAM) <b>1:30 Bible study (CH)</b> 1:30 Outside Garden Day (2L) 2:00 Seated Stretching (CON) 2:00 Domino Games (GAM) <b>3:00 Town Hall (CON)</b>	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) <b>2:00 New Resident Social (RF)</b> 3:00 Candy BINGO (COM) 3:00 Movie (TH) 6:00 Evening movie (TH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) <b>11:00 Episcopal Service (CH)</b> 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Men's Poker (3L) 1:30 Quad-Ominos (2L) 2:00 Seated Stretching (CON) <b>2:30 Rick Doyle on Guitar ®</b> 3:00 Skip-Bo (GAM)	9:00 Friday Shopping 9:30~ WW Audiology (COM) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) <b>2:00 Dollar Store &amp; JoAnn Trip (W)</b> <b>2:30 Veteran's Hour (CON)</b> 3:00 Movie (TH) 3:00 Two Bit Bingo (CON) 6:30 Vespers (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Build a Snack (2L) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
<b>23/30</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</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) <b>3:00 Two Bit Bingo (CON)</b> <b>3:00 Movie (TH)</b> 3:15 Adult Coloring packets (2L) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (COM) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) <b>11:30 PEO Luncheon (COM)</b> 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat (COM) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) <b>3:00 Two Bit Bingo (CON)</b>	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 Pinochle (GAM) <b>1:30 Bible study (CH)</b> 2:00 Seated Stretching (CON) 2:00 Domino Games (GAM) <b>3:00 Skip-Bo (GAM)</b>	8:30 Senior Living Outing TBD 10:00 Exercise (2L) <b>10:40 Candy Bingo (CON)</b> 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 4:45 Dinner Dash (TBD) 6:00 Evening Movie (TH)	8:00 Water Aerobics (Pool) <b>10:00 Presbyterian Worship (CH)</b> 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Men's Poker (3L) 1:30 Quad-Ominos (2L) 2:00 Seated Stretching (CON) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 4:00 Dominos (2L)	<b>8-12 Love or Leave it (2nd Hall)</b> 9:00 Friday Shopping 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) <b>1:30 Goodwill and Mall trip (w)</b> 3:00 Two Bit Bingo (CON) 3:10 Tri-Ominos (2L) 6:00 Evening movie (TH) 6:30 Vespers (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Build a Snack (2L) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)