



Vitality Theme: Move More in March

“Movement is life. Life is a process. Improve the quality of the process and you improve the quality of life itself.”

— Moshe Feldenkrais

Birthdays!

Cecil Fletcher 1st
Jean Stahlberg 2nd
John Edwards 3rd
Rosalie Blue 6th
Marion Inglis 7th
Carolyn Hendricks 7th



Marietta Massey 8th
Lois Carscallen 14th
Linda Stonecipher 21st
Jim Clapp 22nd
Luanne Billings 22nd



Delores Bennington 22nd
Len Isaacs 22nd
Jackie George 23rd
Marlene Fields 25th
Tom Lepique 27th
Nancy Horn 29th

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

March 31st

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 (2L)
2:00 Hot drinks Chat & snack (2L)
3:00 Two Bit Bingo (CON)
3:00 Movie (TH)
3:15 Word Games (2L)



1500 Catherine Street
Walla Walla, WA 99362

1

2

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)

10:00 Exercise (2L)
10:40 Candy Bingo (CON)
11:00 Village Church (TH)
1:00 Crosswords (2L)
1:30 UNO (Gam)
2:00 Hangman (2L)
3:00 Movie (TH)
3:15 Group Games (2L)
4:00 Reading Corner (2L)
6:00 Table Games (3L)

3

4

5

6

7

8

9

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 (2L)
2:00 Hot drinks Chat & snack (2L)
3:00 Two Bit Bingo (CON)
3:00 Movie (TH)
3:15 Word Games (2L)
4:00 Reading corner (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)
11:15 Balance & Strength(VC)
1-5 Medical Transport
1:00-3:00 Craft & Chat (COM)
1:00 Pinochle (GAM)
1:30 Bridge (GAM)
2:00 Pool Walking + w/Peggy
3:00 Two Bit Bingo (CON)
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 (CON)
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)
1:30 Skip-Bo w/Peggy
3:00 Candy BINGO (COM)
3:00 Movie (TH)
3:15 Culture Topic Seated
Step Walk with Peggy
4:00 Dominos (2L)
6:00 Evening Movie (TH)

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 (CON)
1:45 Play Dough Crafts (2L)
3:00 Skip-Bo (GAM)
3:00 Movie (TH)
3:15 Seated Step Walk (2L)
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)
6:00 Evening Movie (TH)
6:15 Whitman Orchestra Outing
6:30 Vespers (CH)

10:00 Exercise (2L)
10:40 Candy Bingo (CON)
11:00 Village Church (TH)
1:00 Crosswords (2L)
1:00 Card making w/Evie (COM)
1:30 UNO (Gam)
2:00 Hangman (2L)
3:00 Movie (TH)
3:15 Group Games (2L)
4:00 Reading Corner (2L)
6:00 Table Games (3L)
6:00 Evening Movie (TH)



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10	11	12	13	14	15	16
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 (2L) 2:00 Hot drinks Chat & snack (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Word Games (2L) 4:00 Reading corner (2L)	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) 1:00 Pinochle (GAM) 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 (CON) 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) 1:30 Dice Games (2L) 3:00 Resident Council (CON) 3:00 Movie (TH) 3:00 Candy BINGO (COM) 6:00 Evening movie (TH) 6:30 Card making w/Evie (COM)	8:00 Water Aerobics (Pool) 10:00 Presbyterian Worship (CH) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching (CON) 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 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 11:00-1:30 Potato Bar ® 2:00 Justin K Musical Performance 1:30 Bridge (GAM) 2:00 Dollar Store & JoAnn Trip (W) 2:30 Veteran's Hour (CON) 3:30 Two Bit Bingo (CON) 6:30 Vespers (CH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Card making w/Evie (COM) 1:30 UNO (Gam) 2:00 Hangman (2L) 3:00 Movie (TH) 3:15 Group Games (2L) 4:00 Reading Corner (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
17	18	19	20	21	22	23
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) 2:00 Hot drinks Chat & snack (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Word Games (2L) 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) 1:00 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 Seated Stretching (CON) 1:00 Men's Poker (PDR) 1:00 Pinochle (GAM) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00 Town Hall (CON)	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 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) 6:00 Evening movie (TH) 6:30 Card making w/Evie (COM)	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 (CON) 3:00 Card making w/Evie (COM) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 6:00 Evening movie (TH)	9:00 Friday Shopping 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:15 Easter wreath Craft (2L) 1:30 Bridge (GAM) 3:00 Movie (TH) 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 (2L) 1:30 UNO (Gam) 2:00 Hangman (2L) 3:00 Movie (TH) 3:15 Group Games (2L) 4:00 Reading Corner (2L) 6:00 Table Games (3L)
24	25	26	27	28	29	30
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) 2:00 Hot drinks Chat & snack (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Word Games (2L) 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) 1:00 Pinochle (GAM) 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) 11:00 Floral Arranging (COM) 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) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:00 Seated Stretching (CON) 1:40 C.T. Seated Step w/Peggy (2L) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 3:15 Play Dough Crafts (2L) 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) 3:00 Easter Egg Hunt 6:30 Vespers (CH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 UNO (Gam) 2:00 Hangman (2L) 3:00 Movie (TH) 3:15 Group Games (2L) 4:00 Reading Corner (2L) 6:00 Table Games (3L)