

Vitality Theme: Mental Health Awareness Month

“Strength does not come from physical capacity, but from an indomitable will” by Mahatma Gandhi. This strong mental wellness quote reminds us that true strength isn’t merely about physical prowess; it’s about the unwavering determination and resilience of the human spirit, teaching us that no matter our circumstances, our willpower can overcome the greatest challenges we face, shaping us into stronger, more resilient individuals.

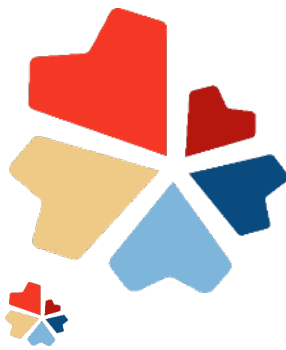
Birthdays!

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
<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	4
 <p>1500 Catherine Street Walla Walla, WA 99362</p>			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)	8:00 Water Aerobics (Pool) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Men's Poker (3L) 1:30 Skip-Bo W/Peggy (2L) 2:00 Seated Stretching (CON) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 4:00 Dominos (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) 6:00 Evening Movie (TH) 6:30 Vespers (CH)	8:00 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:30 UNO (Gam) 2:00 Cinco de Mayo hour Mocktails and treats 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Evening Movie (TH) 6:00 Table Games (3L)
5	6	7	8	9	10	11
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) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Adult Coloring packets (2L) 4:00 Reading corner (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) 2:30 Chinese Checkers (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) 1:00 Bible study (CH) 1:15 Word Games (2L) 2:00 Seated Stretching (CON) 2:00 Domino Games (GAM) 2:30 Paper Straw Tree Paint (2L) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM)	8:00 Men's Breakfast (PDR) 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) 3:00 Resident Council (CON) 3:00 Movie (TH) 3:00 Candy BINGO (COM) 6:00 Evening Movie (TH)	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 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 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 11:45 Lunch Bunch: TBD 1:30 Dice Games with Peggy(2L) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 3:15 Word Games (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 No Bake Cookies (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
12	13	14	15	16	17	18
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) 2:15 Sip and Chat History trivia (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) 11:15 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) 12:00 Pianist Carolyn ® 12:15 Watercolor (COM) 1:00 Pinochle (GAM) 1:00 Bible study (CH) 2:00 Seated Stretching (CON) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 4:30 Broken Record performance	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) 2:00 New Resident Social (RF) 3:00 Candy BINGO (COM) 3:00 Movie (TH) 3:15 Comedy Hour (2L) 6:00 Evening movie (TH) 6:30 Post-its 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 Men's Poker (3L) 1:30 Quad-Ominos (2L) 2:00 Seated Stretching (CON) 2:30 Rick Doyle on Guitar ® 3:00 Skip-Bo (GAM) 6:00 Evening movie (TH)	9:00 Friday Shopping 9:30~ WW Audiology (COM) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Dice Games w/Peggy (2L) 1:30 Bridge (GAM) 2:00 Dollar Store & JoAnn Trip (W) 2:30 Veteran's Hour (CON) 3:00 Movie (TH) 3:30 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 Rice Krispies Treats (2L) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
19	20	21	22	23	24	25
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) 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(GAM) 11:30 PEO Luncheon (COM) 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) 1:00 Bible study (CH) 1:30 Outside Garden Day (2L) 2:00 Seated Stretching (CON) 2:00 Domino Games (GAM) 3:00 Town Hall (CON)	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:00 Flower 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) 6:30 Décor Bags 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) 2:00 Seated Stretching (CON) 3:00 Box Craft 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) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON) 3:15 Dominoes (2L) 4:00 Wolf Creek Band 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 Smores Bake (2L) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
26	27	28	29	30	31	
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) 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) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat (COM) 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat (COM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (COM)	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 Pinochle (GAM) 1:00 Bible study (CH) 2:00 Seated Stretching (CON) 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) 4:45 Dinner Dash (TBD) 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 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)	8-12 Love or Leave it (2nd Hall) 9:00 Friday Shopping 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 1:30 Goodwill and Mall trip (w) 3:00 Two Bit Bingo (CON) 3:10 Tri-Ominos (2L) 6:00 Evening movie (TH) 6:30 Vespers (CH)	