

Vitality Theme: Gratitude!

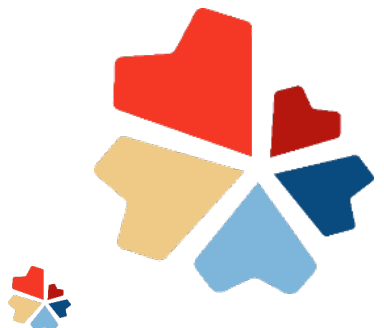
“Gratitude is not only the greatest of virtues but the parent of all others.” – Marcus Tullius Cicero

We are celebrating National Gratitude Month in November! Gratitude helps people feel more positive emotions, savor good experiences, improve their health, deal with adversity, and build strong relationships. Research also shows that feeling gratitude is associated with lower rates of depression.

There are many ways to make gratitude a mainstay in our lives. Saying thank you to someone who is not expecting it or taking a few minutes each night to jot down a few things in a gratitude journal are great habits to start. Practicing daily gratitude gives us deeper connections to ourselves and the world around us. We here at Generations are grateful to our employees, residents, and families who come together each day to help and support one another.

Location Guide

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|--------------------------------------|-----------------------------------|
| <u>1st Floor</u> W - West Entrance | BS-Beauty Salon |
| EE - 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 | CR -Community room |
| LIB -Library | B-Balcony |
| 2L -2nd Floor Lobby | TBD-To Be Determined |

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
 1500 Catherine Street Walla Walla, WA 99362 LIC#1640					9:00 Friday Shopping 9:30 Sound Audiology (COM) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 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 Friday Evening Praise (CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L)
	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) 2:30 Wa-Hi concert (W) 2:30 Table Games and Refreshments (2L) 3:00 Movie (TH) 3:00 Two Bit Bingo (CON) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(CR) 11:15 Balance & Strength(VC) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 1:30 Dominos (2L) 2:45 Monday Crafts (2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (CR) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 1:30 Table Games (2L) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM)	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 Snacks with Sallie (2L) 3:00 Candy BINGO (CR) 3:00 Movie (TH) 3:15 Comedy Hour (2L) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Table Games (2L) 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 3:30 Grief Support Group (V) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9-2 Wheatland Village Craft Bazaar! (CON) (2,3rd Floor) 11:15 Stretch & Flex (VC) 11:45 Lunch Bunch: TBD 1:15 Dominos (2L) 1:30 Bridge (GAM) 2:00 Group Games (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise (CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 2:30 This Day in History (2L) 3:00 Movie (TH) 3:15 Group Games 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) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 2:30 Table Games and Refreshments (2L) 3:00 Movie (TH) 3:00 Two Bit Bingo (CON) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (CR) 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 (CR) 1:00 Lawrence H. Performance ® 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Monday Crafts (2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 8:00 Men's Breakfast (CR) 10:15 Gentle Yoga (VC) 11:15 Gentle Chair Fit (VC) 12:00 Pianist Carolyn ® 12:15 Watercolor (CR) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 1:30 Table Games (2L) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM)	8:30 Senior Living Outing TBD 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:15 Dominos (2L) 2:00 Snacks with Sallie (2L) 3:00 Resident Council (CON) 3:00 Movie (TH) 3:15 Comedy Hour (2L) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:00 Presbyterian Worship (CH) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Table Games (2L) 3:00 Uno! (2L) 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 3:30 Grief Support Group (V)	9:00 Friday Shopping 9:30~ WW Audiology (GAM) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:30 Bridge (GAM) 2:00 Albertsons & JoAnn's (W) 2:30 Veteran's Hour (CON) 3:00 Movie (TH) 3:00 Two Bit Bingo (CON) 6:00 Evening movie (TH) 6:30 Friday Evening Praise (CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L)
17	18	19	20	21	22	23
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) 2:30 Table Games and Refreshments (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Mending with Akiko(GAM) 1:00 Pinochle (GAM) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (CR) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 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) 1:30 Dominos (2L) 2:00 New Resident Social (RR) 3:00 Candy BINGO (CR) 3:00 Movie (TH) 3:15 Comedy Hour (2L) 6:00 Evening movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Episcopal Service (CH) 1:00 Pinochle (GAM) 1:30 Table Games (2L) 2:30 Rick Doyle on Guitar ® 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 3:30 Grief Support Group (V)	9:00 Friday Shopping 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Stretch & Flex (VC) 1:15 Dominos (2L) 1:30 Bridge (GAM) 2:00 Group Games (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:30 Fri. Evening Praise (CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L)
24	25	26	27	28 Thanksgiving Day	29	30
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) 2:30 Table Games and Refreshments (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:15 Balance & Strength(VC) 11:30 PEO Luncheon (COM) 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:30 Book Club (COM) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 12:15 Watercolor (CR) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 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 (CR) 3:00 Movie (TH) 4:45 Dinner Dash: 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:15 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Table Games (2L) 1:30 Quad-Ominos (2L) 3:00 Skip-Bo (GAM) 3:30 Grief Support Group (V) 6:00 Evening Movie (TH)	8-12 Love or Leave it (2nd Hall) 9:00 Friday Shopping 10:00 Exercise (2L) 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) 3:00 Movie (TH) 6:30 Friday Evening Praise (CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 11:00 Village Church (TH) 1:00 Crosswords (2L) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 UNO (Gam) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L)