

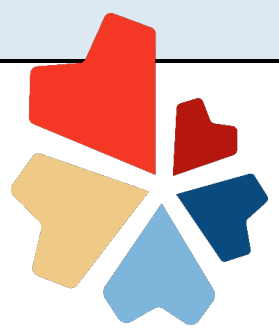
Celebrate!

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.

Vitality Theme: PLAY! Month

“ We do not stop playing because we grow old, we grow old because we stop playing.” – Benjamin Franklin
It's never too late to rediscover your playful, humorous self. Join us for some good old-fashioned fun this month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1640 Durum Drive Walla Walla, WA. 99362 LIC# 1640	Dimensions of Wellbeing	Meal Times				1
	Emotional Spiritual Cognitive/Intellectual Social Physical	Breakfast Served 6:00-10:00 Lunch Served at 11:30 Dinner Served at 4:30	National Days! June 6 th Drive in Movie June 14 th Flag Day June 20 th Ice Cream Soda			
2	3	4	5	6	7	8
9:30 Exercise (CH) 10:00 Hymn Sing-Along Spiritual Eldercare (CH) 12:00 Documentary 1:15 Bingo 2:00 Snacks and group roundtab 3:00 Gardening Club 5:00 Evening Movie	9:30 Exercise 10:00 Fancy Nails 10:30 Aroma Therapy and hand massages 12:00 Documentary 1:15 One on Ones 2:00 Donuts & Coffee 3:00 Group Roundtable 5:00 Evening Movie	9:30 Exercise 10:00 Tidbit Tuesday 10:30 Finish The Phrase 12:00 Documentary 1:15 Hangman 2:00 Bingo 3:00 Afternoon Crafts 3:30 Sorting Bins 5:00 Evening Movie	9:30 Exercise 10:00 Reminisce roundtable 10:30 Current Events 10:30 Resident Council 12:00 Matinee Movie 1:15 New Resident social Meet and greet 2:10 Bingo 3:30 Trivia 5:00 Evening Movie	9:30 Exercise 10:00 Joggin your Noggin 10:30 Chaplain Lloyd Visit 12:00 Documentary National Drive in Movie Day! 2:00 Group Table Games 3:00 Turn On the tunes! 4:00 Card games 5:00 Evening Movie	9:30 Exercise 10:00 Trivia 10:30 Brain Games 12:00 Documentary 1:30 White Board Games 2:00 Art Crafts 2:30 Walk for ice cream 3:30 Fancy Nails 4:00 Great men in History 5:00 Evening Movie	9:30 Exercise 10:00 Words in Words 10:30 Village Church 12:00 Documentary 1:15 Bingo 2:00 Water Color 3:00 Dominos 4:00 Sorting Bins 5:00 Evening Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9	10	11	12	13	14	15
9:30 Exercise (CH)	9:30 Exercise	9:30 Exercise	9:30 Exercise	9:30 Exercise	9:30 Exercise	9:30 Exercise
10:00 Hymn Sing-Along	10:00 Fancy Nails	10:00 Tidbit Tuesday	10:00 Reminisce roundtable	10:00 Joggin your Noggin	10:00 Trivia	10:00 Words in Words
Spiritual Eldercare (CH)	10:30 Aroma Therapy and hand massages	10:30 Finish The Phrase	10:30 Current Events	10:30 Chaplain Lloyd Visit	10:30 Brain Games	10:30 Village Church
12:00 Documentary	12:00 Matinee Movie	12:00 Matinee Movie	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary
1:15 Bingo	12:00 Matinee Movie	1:15 Hangman	1:15 Puzzles and Coloring	1:15 One on Ones	1:30 White Board Games	1:15 Bingo
2:00 Snacks and group roundtable	1:15 One on Ones	2:00 Bingo	1:30 White Board Games	2:00 Group Table Games	2:00 Fathers Day Picnic	2:00 Water Color
3:00 Gardening Club	2:00 Donuts & Coffee	3:00 Afternoon Crafts	2:00 Scenic Drive	3:00 Turn On the tunes!	2:30 Flag Day Gathering	3:00 Dominos
5:00 Evening Movie	3:00 Group Roundtable	3:30 Sorting Bins	2:10 Bingo	4:00 Card games	3:30 Fancy Nails	4:00 Sorting Bins
	5:00 Evening Movie	5:00 Evening Movie	3:30 Trivia	5:00 Evening Movie	4:00 Great women in History	5:00 Evening Movie
			5:00 Evening Movie		5:00 Evening Movie	
16	17	18	19	20	21	22
9:30 Exercise (CH)	9:30 Exercise	9:30 Exercise	9:30 Exercise	9:30 Exercise	9:30 Exercise	9:30 Exercise
10:00 Hymn Sing-Along	10:00 Fancy Nails	10:00 Tidbit Tuesday	10:00 Reminisce roundtable	10:00 Joggin your Noggin	10:00 Trivia	10:00 Words in Words
Spiritual Eldercare (CH)	10:30 Aroma Therapy and hand massages	10:30 Finish The Phrase	10:30 Current Events	10:30 Chaplain Lloyd Visit	10:30 Brain Games	10:30 Village Church
12:00 Documentary	12:00 Matinee Movie	12:00 Matinee Movie	12:00 Documentary	12:00 Matinee Movie	12:00 Documentary	12:00 Documentary
1:15 Bingo	12:00 Matinee Movie	1:15 Hangman	1:15 Puzzles and Coloring	1:15 National ice cream Soda	1:30 White Board Games	1:15 Bingo
2:00 Snacks and group roundtable	1:15 One on Ones	2:00 Bingo	1:30 White Board Games	2:00 Group Table Games	2:00 Art Crafts	2:00 Water Color
3:00 Gardening Club	2:00 Donuts & Coffee	3:00 Afternoon Crafts	2:00 Scenic Drive	3:00Bingp	2:30 Walk for ice cream	3:00 Dominos
5:00 Evening Movie	3:00 Group Roundtable	3:30 Sorting Bins	2:10 Bingo	4:00 Card Games	3:30 Fancy Nails	4:00 Sorting Bins
	5:00 Evening Movie	5:00 Evening Movie	3:30 Trivia	5:00 Evening Movie	4:00 Great men in History	5:00 Evening Movie
			5:00 Evening Movie		5:00 Evening Movie	
23/30	24	25	26	27	28	29
9:30 Exercise (CH)	9:30 Exercise	9:30 Exercise	9:30 Exercise	8:00 Bible Study (CH)	9:30 Exercise	9:30 Exercise
10:00 Hymn Sing-Along	10:00 Fancy Nails	10:00 Tidbit Tuesday	10:00 Reminisce roundtable	9:30 Exercise	10:00 Trivia	10:00 Words in Words
Spiritual Eldercare (CH)	10:30 Aroma Therapy and hand massages	10:30 Finish The Phrase	10:30 Current Events	10:00 Joggin your Noggin	10:30 Brain Games	10:30 Village Church
12:00 Documentary	12:00 Matinee Movie	12:00 Matinee Movie	12:00 Documentary	10:30 Chaplain Lloyd Visit	12:00 Documentary	12:00 Documentary
1:15 Bingo	12:00 Matinee Movie	1:15 Hangman	1:15 Puzzles and Coloring	12:00 Matinee Movie	1:30 White Board Games	1:15 Bingo
2:00 Snacks and group roundtable	1:15 One on Ones	2:00 Bingo	1:30 White Board Games	1:15 Room Visits	2:00 Art Crafts	2:00 Water Color
3:00 Gardening Club	2:00 Donuts & Coffee	3:00 Afternoon Crafts	2:00 Scenic Drive	2:00 Sports Social	2:30 Walk for ice cream	3:00 Dominos
5:00 Evening Movie	3:00 Group Roundtable	3:30 Sorting Bins	2:10 Bingo	3:00 Men's Coffee Group	3:30 Fancy Nails	4:00 Sorting Bins
	5:00 Evening Movie	5:00 Evening Movie	3:30 Trivia	4:00 Card Games	4:00 Great women in History	5:00 Evening Movie
			5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie	