

Vitality Theme: Wellbeing Checkup

Birthdays!

Location Guide

Did you know that helping others can be good for our mental health? It reduces stress, improves our emotional wellbeing, and even benefits our physical health. In short, doing good does you good!



LIC#1640

- | | |
|------------------------------------|-----------------------------------|
| <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 CH-Chapel | GAM -Game Room |
| PDR-Private Dining | TH -Movie Theater |
| <u>2nd Floor</u> | CR -Comunity room |
| BC -Business Center | B-Balcony |
| LIB -Library | TBD-To Be Determined |
| 2L -2nd Floor Lobby | |

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1500 Catherine Street
Walla Walla, WA 99362

Outings
In-House Special Events

*Calendars are subject to
change at moment's notice*

1

- 10:00 Exercise (2L)
- 10:40 Candy Bingo (CON)
- 1:15 Dominos (2L)
- 1:30 Men's Poker (2L)
- 2:30 Jacob Phone Help (CON)
- 3:00 Movie (TH)
- 4:00 Word Games (CON)
- 6:00 Evening Movie (TH)

2

3

4

5

6

7

8

- 10:00 Methodist Church
- Call 525-1870 to Schedule Pick-up
- 10:00 Exercise (2L)
- 10:30 Catholic Service (CH)
- 10:40 Candy Bingo (CON)
- 1:30 Dominoes (2L)
- 3:00 Movie (TH)
- 6:00 Evening Movie (TH)

- 8:30 Coffee & Donuts (2L)
- 9:00 Walmart / Andy's (W)
- 10:00 Exercise (2L)
- 10:40 Candy Bingo (CON)
- 11:30 Goodwill Courses (W)
- 1:30-4:00 Medical Transport
- 1:30 Dominos (2L)
- 2:45 Craft: NICU Heatpads (2L)
- 3:30 Scrabble (2L)

- 8-4:30 Medical Transport
- 10:15 Gentle Yoga (VC)
- 10:00 Exercise (2L)
- 10:40 Candy Bingo (CON)
- 1:30 Bible Study (CH)
- 2:00 Weekly Catch Up (2L)
- 2:00 Seated Stretching (VC)
- 3:00 WWII Documentary (TH)
- 6:30 WW Symphony (W)

- 10:00 Exercise (2L)
- 10:40 Candy Bingo (CON)
- 11:00 Scenic Drive (W)
- 1:15 Dominos (2L)
- 2:00 Snacks with Sallie (2L)
- 3:00 Movie (TH)
- 2:00 Savvy's Water Aerob. (Pool)
- 3:30 Word Games
- 6:00 Evening Movie (TH)

- 10:00 Exercise (2L)
- 10:00 Presbyterian Worship (CH)
- 10:15 Gentle Yoga (VC)
- 10:40 Candy Bingo (CON)
- 2:00 Seated Stretching (VC)
- 3:00 Uno! (2L)
- 3:00 Movie (TH)
- 6:00 Evening Movie (TH)

- 9:00 Friday Shopping (W)
- 9:30 Sound Audiology (GAM)
- 10:00 Exercise (2L)
- 10:40 Candy Bingo (CON)
- 1:15 Dominos
- 2:00 Birthday Party (CON)
- 2:30 Scrabble (2L)
- 3:00 Movie (TH)
- 6:00 Evening Movie (TH)
- 6:30 Fri. Evening Praise (CH)

- 10:00 Exercise (2L)
- 10:40 Candy Bingo (CON)
- 1:30 Men's Poker (2L)
- 1:30 Dominos
- 2:30 Jacob Phone Help (CON)
- 3:00 Movie (TH)
- 3:30 Uno! (2L)
- 6:00 Evening Movie (TH)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|--|---|---|
| 9 | 10 | 11 | 12 | 13 | 14 - Valentine's Day | 15 |
| 10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos 3:00 Movie (TH) 3:30 Super Bowl Party!(TH) 6:00 Evening Movie (TH) | 8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Goodwill Courses(W) 1:30-4:30 Medical Transport 1:30 Dominos (2L) 1:00 Live Hammer-Dulcimer® 2:45 Craft:Valentines Cards (2L) 3:30 Scrabble (2L) | 8-4:30 Medical Transport 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 12:00 Pianist Carolyn ® 1:30 Bible Study (CH) 2:00 Weekly Catch Up (2L) 2:00 Seated Stretching(VC) 3:00 Nature Docu (TH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 2:00 Savvy's Water Aerob.(Pool) 3:00 Resident Council (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) | 8:00 Men's Breakfast (CR) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 10:15 Gentle Yoga (VC) 2:00 Scrabble (2L) 2:00 Seated Stretching(VC) 2:30 Rick Doyle Guitar ® 3:00 Movie (TH) 2:00 AL Council (CON) 6:00 Evening Movie (TH) | 9:00 Friday Shopping 9:30 WW Audiology (GAM) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:30 Sam K. on Piano ® 1:15 Dominoes (2L) 2:00 Dessert Buffet ® 3:00 Movie (TH) 6:00 Evening movie (TH) 6:30 Fri. Evening Praise(CH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 Dominos 2:30 Jacob Phone Help (CON) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) |
| 16 | 17 - President's Day | 18 | 19 | 20 | 21 | 22 |
| 10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos 3:00 Movie (TH) 6:00 Evening Movie (TH) | 8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Goodwill Courses (W) 1:00 President Docu (2L) 1:30-4:30 Medical Transport 2:45 Craft: HS Pet Beds(2L) 3:30 Scrabble (2L) | 8-4:30 Medical Transport 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 1:30 Bible Study (CH) 2:00 Weekly Catch Up (2L) 2:00 Seated Stretching (VC) 3:00 Don's Town Hall (CON) 3:00 Royalty Docu(TH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 1:30 David's Advice Corner(CC) 2:00 New Resident Social(RR) 2:00 Savvy's Water Aerob.(Pool) 3:00 Movie (TH) | 10:00 Presbyterian Service (CH) 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 2:00 Scrabble (2L) 2:00 Seated Stretching(VC) 2:30 Rick Doyle ® 3:00 Movie (TH) 6:00 Evening Movie (TH) | 9:00 Friday Shopping (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:45 Lunch Bunch (W) 1:15 Dominos (2L) 2:00 Veteran's Social (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 2:30 Jacob Phone Help (CON) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) |
| 23 | 24 | 25 | 26 | 27 | 28 | |
| 10:00 Methodist Church Call 525-1870 to Schedule Pick-up 10:00 Exercise (2L) 10:30 Catholic Service (CH) 10:40 Candy Bingo (CON) 1:30 Dominos (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) | 8:30 Coffee & Donuts (2L) 9:00 Walmart / Andy's (W) 10:00 Exercise (2L) 11:00 Mending with Akiko(CR) 11:00 Goodwill Courses (W) 1:30-4:30 Medical Transport 1:30 Dominos (2L) 2:45 Craft:CAC Sugar Scrub (2L) 3:30 Scrabble (2L) | 8-4:30 Medical Transport 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 1:30 Bible Study (CH) 2:00 Weekly Catch Up (2L) 2:00 Seated Stretching (VC) 3:00 Nature Docu (TH) | 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Scenic Drive (W) 1:15 Dominos (2L) 2:00 Snacks with Sallie (2L) 2:00 Savvy's Water Aerob.(Pool) 3:00 Movie (TH) 4:45 Dinner Dash (W) 6:00 Evening Movie (TH) | 10:00 Exercise (2L) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 2:00 Scrabble (2L) 2:00 Seated Stretching(VC) 3:00 Movie (TH) 6:00 Evening Movie (TH) | 8-12 Love It or Leave It (2nd Hall) 9:00 Friday Shopping (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:15 Dominos (2L) 1:30 Goodwill & Mall (W) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH) | |