

**Vitality Theme: Random Acts of Kindess**

**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

- 1st Floor W - West Entrance
- EE - 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
- CR -Community room
- B-Balcony
- TBD-To Be Determined

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
 1500 Catherine Street Walla Walla, WA 99362	Color Key: <span style="background-color: #f4b084; padding: 2px;">Outings</span> <span style="background-color: #a6c9ec; padding: 2px;">In-House Special Events</span>					7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 1:30 Crafts with Evie (CR) 1:30 UNO (GAM) 1:30 Men's Poker (2L) 2:30 Jacob Phone Help (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)
	Calendars are subject to change at moment's notice					
2	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) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) 6:00 Evening Movie (TH)	8:30 Coffee & Donuts (CR) 9:00 Walmart / Andy's (W) 10:40 Candy Bingo (CON) 11:00 Balance & Strength(VC) 11:30Goodwill Computer Class(W) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45Craft: NICU Heatpad(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 12:15 Painting (CR) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 2:00 Seated Stretching(VC) 2:00 Domino Games (GAM) 3:00 Skip-Bo (GAM) 3:00WWII Documentary(TH) 6:30 WW Symphony(W)	8:30 Senior Living Outing TBL 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Snacks with Sallie (2L) 2:00 Savvy's Water Aerob.(Pool) 3:00 Movie (TH) 3:30 Word Games (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) 11:00 Gentle Chair Fit (VC) 2:00 Seated Stretching(VC) 3:00 Movie (TH) 3:00 Skip-Bo (GAM) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30Sound Audiology (GAM) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Stretch & Flex (VC) 1:30 Dominos (2L) 1:30 Bridge (GAM) 2:00 Birthday Party (CON) 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) 1:30 Men's Poker (2L) 1:30 UNO (GAM) 1:30Crafts with Evie (CR) 2:30 Jacob Phone Help (CON) 3:00 Movie (TH) 6:00 Table Games (3L) 6:00 Evening movie (TH)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14 - Valentine's Day</b>	<b>15</b>
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) 1:30 Dominos (2L) 3:00 Two Bit Bingo (CON) 3:00 Movie (TH) <b>3:30 Super Bowl Party! (TH)</b> 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) <b>9:00 Walmart / Andy's (W)</b> 11:00 Mending with Akiko(CR) 11:00 Balance & Strength (VC) <b>11:30 Goodwill Computer Class(W)</b> 1:00 Pinochle (GAM) 1-5 Medical Transport 1:00-3:00 Craft & Chat (CR) 1:00 Live Hammer-Dulcimer® 2:45 Craft: Valentines Cards(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 11:00 Gentle Chair Fit (VC) 12:00 Pianist Carolyn ® 1:00 Pinochle (GAM) 1:30 Bible study (CH) 2:00 Domino Games (GAM) 2:00 Seated Stretching(VC) 3:00 Nature Docu (TH)	<b>8:30 Senior Living Outing TBD</b> 10:00 Exercise (CON) 11:00 Balance & Strength(VC) 10:40 Candy Bingo (CON) 1:00 Hand & Foot (GAM) 1:30 Dominos (2L) 2:00 Savvy's Water Aerob.(Pool) 3:00 Resident Council (CON) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 6:00 Evening movie (TH)	7:15 Water Aerobics (Pool) 8:00 Men's Breakfast (CR) 10:00 Presbyterian Worship(CH) 10:15 Gentle Yoga (VC) 11:00 Episcopal Service (CH) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 2:00 Seated Stretching(VC) 3:00 Movie (TH) 6:00 Evening Movie (TH)	<b>9:00 Friday Shopping</b> 9:30 Floral Arranging (CR) 11:00 Stretch & Flex (VC) 11:30 Sam K. on Piano ® 1:30 Bridge (GAM) 2:00 Dessert Buffet ® 3:00 Movie (TH) 3:00 Two Bit Bingo (VC) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 1:00 Crosswords (2L) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 UNO (GAM) 2:30 Jacob Phone Help (CON) 3:00 Movie (TH) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
<b>16</b>	<b>17 - President's Day</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
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) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) <b>9:00 Walmart / Andy's (W)</b> 11:30 Goodwill Computer Class(W) 1:00 Pinochle (GAM) 1:00-3:00 Craft & Chat(CR) 1:00 President's Day Docu(TH) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft: HS Pet Beds(2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 3:00 Skip-Bo (GAM) 2:00 Seated Stretching(VC) 3:00 Don's Town Hall (CON) 3:00 Royalty Docu (TH)	<b>8:30 Senior Living Outing TBD</b> 11:00 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 1:30 David's Advice Corner(CON) 2:00 New Resident Social(RR) 2:00 Savvy's Water Aerob.(Pool) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:00 Episcopal Service (CH) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 2:00 Seated Stretching(VC) 2:30 Rick Doyle ® 3:00 Skip-Bo (GAM) 4:00 Dominos (2L) 6:00 Evening Movie (TH)	<b>9:00 Friday Shopping</b> 10:40 Candy Bingo (CON) 11:00 Stretch & Flex (VC) 11:45 Lunch Bunch (W) 1:30 Bridge (GAM) 2:00 Veteran's Social (CON) 2:00 Albertsons & Joann's (W) 3:00 Two Bit Bingo (CON) 6:00 Evening movie (TH) 6:30 Fri. Evening Praise(CH)	7:15 Water Aerobics (Pool) 10:40 Candy Bingo (CON) 1:30 Men's Poker (2L) 1:30 Crafts with Evie (CR) 1:30 UNO (GAM) 2:30 Jacob Phone Help (CON) 3:15 Group Games (2L) 6:00 Table Games (3L) 6:00 Evening movie (TH)
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
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) 6:00 Evening movie (TH)	8:30 Coffee & Donuts (CR) <b>9:00 Walmart / Andy's (W)</b> 11:00 Mending with Akiko(CR) 11:30 Goodwill Computer Class(W) 11:30 PEO Luncheon (CON) 1:00-3:00 Craft & Chat (CR) 1:00 Pinochle (GAM) 1:30 Bridge (GAM) 2:45 Craft:CAC Sugar Scrub (2L) 3:00 Two Bit Bingo (CON)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:30 Book Club (CR) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 1:30 Bible study (CH) 3:00 Skip-Bo (GAM) 3:00 Nature Docu (TH)	<b>8:30 Senior Living Outing TBD</b> 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:00 Balance & Strength(VC) 1:00 Hand & Foot (GAM) 2:00 Savvy's Water Aerob.(Pool) 3:00 Candy Bingo (CR) 3:00 Movie (TH) 4:45 Dinner Dash: TBD 6:00 Evening Movie (TH)	7:15 Water Aerobics (Pool) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 11:00 Gentle Chair Fit (VC) 1:00 Pinochle (GAM) 2:00 Seated Stretching(VC) 3:00 Skip-Bo (GAM) 3:00 Movie (TH) 6:00 Evening Movie (TH)	8-12 Love or Leave it (2nd Hall) <b>9:00 Friday Shopping</b> 9:30 Sound Audiology (CR) 10:40 Candy Bingo (CON) 11:00 Stretch & Flex (VC) 1:30 Bridge (GAM) 1:30 Goodwill & Mall (W) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH)	