

Vitality Theme: Wellbeing Checkup

Birthdays!


Location Guide

Well-being is linked to life satisfaction, general happiness, and how you feel about yourself and your life. It refers to a state of comfortable, healthy, or happy. It includes various aspects of life, including physical health, mental health, social relationships, and a sense of fulfillment. Try tasking a Well-being Self Check-Up this month as we begin the new year



LIC#1640

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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 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
			1 - New Year's Day	2	3	4
 1500 Catherine Street Walla Walla, WA 99362	Outings In-House Special Events		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) 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 Trivia Games (2L) 2:00 Seated Stretching (CON) 3:00 Uno! (2L) 3:00 Movie (TH) 3:30 Grief Support Group (VC) 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(2L) 2:00 Birthday Party (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) 1:15 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)
		Calendars are subject to change at moment's notice				
5	6	7	8	9	10	11
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) 3:15 SMART Goals (2L) 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) 1:30-4:00 Medical Transport 1:30 Dominos (2L) 2:45 Craft: Paperbag Snowflakes(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 (CON) 3:00 Volunteer Thank-You Party (CON)	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 WaterAero w/ Savvy (Pool) 3:00 Resident Council (CON) 3:30 Word Games 6:00 Evening Movie (TH)	8:00 Men's Breakfast (CR) 10:00 Exercise (2L) 10:00 Presbyterian Worship (CH) 10:15 Gentle Yoga (VC) 10:40 Candy Bingo (CON) 1:00 Spa Day! (CON) 2:00 Seated Stretching (CON) 3:00 Uno! (2L) 3:00 Movie (TH) 3:30 Grief Support Group (VC) 6:00 Evening Movie (TH)	9:00 Friday Shopping (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 11:15 Lunch bunch: TBD 12:30-5:30 In-Body Assess (VC) 1:15 Dominos 2:30 AI Council (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'sPoker (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
12	13	14	15	16	17	18
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) 3:15 SMART Goals (2L) 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 Mending w/ Akiko (CR) 1:30-4:30 Medical Transport 1:30 Dominos (2L) 2:45 Craft:DIY Stickers (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) 3:00 Sarah Live Reading(CON) 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 WaterAero w/ Savvy (Pool) 2:00 New Resident Social (RF) 3:00 Movie (TH) 6:00 Evening Movie (TH)	10:00 Exercise (2L) 10:40 Candy Bingo (CON) 10:15 Gentle Yoga (VC) 2:00 Scrabble (2L) 2:00 Seated Stretching (CON) 2:30 Rick Doyle Guitar ® 3:00 Movie (TH) 3:00 Sarah Live Reading(CON) 3:30 Grief Support Group (VC) 6:00 Evening Movie (TH)	9:00 Friday Shopping 9:30 WW Audiology (GAM) 9:30 Classical Open Rehearsal(W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:15 Dominoes (2L) 2:00 Veteran's Hour (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) 1:30 Dominos 2:30 Jacob Phone Help (CON) 3:30 Uno! (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH)
19	20 - MLK Jr. Day	21	22	23	24	25
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) 3:15 SMART Goals (2L) 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) 11:15 Balance & Strength 1:00 MLK Jr. Docu (2L) 1:30-4:30 Medical Transport 2:45 Craft:DIY Snowglobes(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) 3:00 Don's Town Hall (CON) 3:00 Space 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 WaterAero w/ Savvy (Pool) 3:00 Movie (TH) 4:45 Dinner Dash: TBD 6:30 WW Symphony (W)	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 (CON) 3:00 Movie (TH) 3:30 Grief Support Group (VC) 6:00 Evening Movie (TH)	9:00 Friday Shopping (W) 10:00 Exercise (2L) 10:40 Candy Bingo (CON) 1:15 Dominos (2L) 2:30 Scrabble (2L) 3:00 Movie (TH) 3:30 Peanut Butter Snacks(2L) 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)
26	27	28	29	30	31	
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) 3:15 SMART Goals (2L) 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) 1:30-4:30 Medical Transport 1:30 Dominos (2L) 2:45 Craft: Yarn Stars (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) 3:00 Sarah Live Reading(CON) 3:00 Pre-History 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 WaterAero w/ Savvy (Pool) 3:00 Movie (TH) 3:30 Word Games 6:00 Evening 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) 3:00 Movie (TH) 3:30 Grief Support Group (VC) 6:00 Evening Movie (TH)	8-12:00 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) 2:30 Scrabble (2L) 3:00 Movie (TH) 6:00 Evening Movie (TH) 6:30 Fri. Evening Praise(CH)	