



Meal Times

Breakfast Served
6:00-10:00 am

Lunch Served
at 11:30

Dinner Served
at 4:30

1640 Durum Dr,
Walla Walla, WA 99362
LIC#1640

Wellbeing CheckUp Month!

Approach the new year with resolve to find the opportunities hidden in each new day."
-Michael Josephson

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>HAPPY <i>new year</i></p> <p>Activities are subject to change</p>		<i>Dimensions of Wellbeing</i>	1	2	3	4
		Emotional	9:30 Chair Zumba 10:00 Reminisce roundtable	9:30 Exercise 10:00 Joggin your Noggin	9:30 Exercise 10:00 Trivia	9:30 Exercise 10:00 Finish The Phrase
		Spiritual	10:30 Current Events 12:00 Documentary	10:30 Chaplain Lloyd Visit 12:00 Documentary	10:30 Brain Games 12:00 Documentary	10:30 Village Church 12:00 Documentary
		Cognitive/Intellectual	1:15 New years Notes 2:00 Scenic Drive	1:15 One on Ones 2:00 Birthday Party!	1:15 Resident Council 2:00 Science Lab	1:15 Bingo 2:00 Art Class
		Social	2:10 Bingo 3:30 Trivia	3:00 Turn On the tunes! 4:00 Card games	3:00 Reminisce Round Table 3:30 Fancy Nails	3:00 Table Games 4:00 Sorting Bins
		Physical	5:00 Evening Movie	5:00 Evening Movie	4:00 Great men in History 5:00 Evening Movie	5:00 Evening Movie
5	6	7	8	9	10	11
9:30 Exercise (CH) 10:00 Hymn Sing-Along Spiritual Eldercare (CH) 12:00 Documentary 1:15r Round Group 2:00 Hallway Sports 3:00 Crafts 5:00 Evening Movie	9:30 Exercise 10:00 Fancy Nails 10:30 Price is Right 12:00 Documentary 1:15 One on Ones 2:00 Donuts & Coffee 3:00 Bingo 5:00 Evening Movie	9:30 Exercise 10:00 Tidbit Tuesday 10:30 Finish The Phrase 12:00 Documentary 1:15 Hangman 2:00 Group Table Games 3:00 Ornament Craft 3:30 Sorting Bins 5:00 Evening Movie	9:30 Chair Zumba 10:00 Reminisce roundtable 10:30 Current Events 12:00 Documentary 1:15 Well Being W/Kathy 2:00 Scenic Drive 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 1:15 One on Ones 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 1:15 History Lessons 2:00 Science Lab 3:00 Reminisce Round Table 4:00 Great men in History 5:00 Evening Movie	9:30 Exercise 10:00 Finish The Phrase 10:30 Village Church 12:00 Documentary 1:15 Bingo 2:00 Art Class 3:00 Table Games 4:00 Sorting Bins 5:00 Evening Movie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
9:30 Exercise (CH) 10:00 Hymn Sing-Along Spiritual Eldercare (CH)	9:30 Exercise 10:00 Fancy Nails 10:30 Price is Right	9:30 Exercise 10:00 Tidbit Tuesday 10:30 Finish The Phrase	9:30 Chair Zumba 10:00 Reminisce roundtable 10:30 Current Events	9:30 Exercise 10:00 Joggin your Noggin 10:30 Chaplain Lloyd Visit	9:30 Exercise 10:00 Trivia 10:30 Brain Games	9:30 Exercise 10:00 Finish The Phrase 10:30 Village Church

12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary
1:15 r Round Group	1:15 National Duck Day!	1:15 Hangman	1:15 Well Being W/Kathy	1:15 One on Ones	1:15 Science Lab	1:15 Bingo
2:00 Hallway Sports	2:00 Donuts & Coffee	2:00 Group Table Games	2:00 Scenic Drive	2:00 Group Table Games	1:15 History Lessons	2:00 Art Class
3:00 Crafts	3:00 Bingo	3:00 Afternoon Crafts	2:10 Bingo	3:00 Turn On the tunes!	3:00 Reminisce Round Table	3:00 Table Games
5:00 Evening Movie	5:00 Evening Movie	3:30 Sorting Bins	3:30 Trivia	4:00 Card games	4:00 Great women in History	4:00 Sorting Bins
		5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie
19	20	21	22	23	24	25
9:30 Exercise (CH)	9:30 Exercise	9:30 Exercise	9:30 Chair Zumba	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 Finish The Phrase
Spiritual Eldercare (CH)	10:30 Price is Right	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 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary
1:15 Hallway Sports	1:15 One on Ones	1:15 Hangman	1:15 Well Being W/Kathy	1:00 Walla Walla Outing	1:15 History Lessons	1:15 Bingo
2:00 National Pop Corn!	2:00 Donuts & Coffee	2:00 Group Table Games	2:00 Scenic Drive	2:00 Group Table Games	2:00 Table Tennis	2:00 Art Class
3:00 Crafts	3:00 Bingo	3:00 Afternoon Crafts	3:30 Trivia	3:00 Turn On the tunes!	3:30 Flower Arrangment	3:00 Table Games
5:00 Evening Movie	5:00 Evening Movie	3:30 Sorting Bins	5:00 Evening Movie	4:00 Card Games	4:00 Great men in History	4:00 Sorting Bins
		5:00 Evening Movie	3:30 Trivia	5:00 Evening Movie	5:00 Evening Movie	5:00 Evening Movie
26	27	28	29	30	31	
9:30 Exercise (CH)	9:30 Exercise	9:30 Exercise	9:30 Chair Zumba	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	
Spiritual Eldercare (CH)	10:30 Price is Right	10:30 Finish The Phrase	10:30 Current Events	10:30 Chaplain Lloyd Visit	10:30 Brain Games	
12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	12:00 Documentary	
1:15 r Round Group	1:15 One on Ones	1:15 Hangman	2:00 Scenic Drive		1:15 History Lessons	
2:00 Hallway Sports	2:00 Donuts & Coffee	2:00 Group Table Games	2:10 Bingo	2:00 Group Table Games	2:00 Table Tennis	
3:00 Crafts	3:00 Bingo	3:00 Afternoon Crafts	3:30 Trivia	3:00 Turn On the tunes!	3:00 Reminisce Round Table	
5:00 Evening Movie	5:00 Evening Movie	3:30 Sorting Bins	5:00 Evening Movie	4:00 Card Games	4:00 Great men in History	
		5:00 Evening Movie	3:30 Trivia	5:00 Evening Movie	5:00 Evening Movie	