WHEATLAND VILLAGE	
A GENERATIONS COMMUNITY	

November, 2024

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Vitality Then	ne: Gratitude!				
"Gratitude is not only the gre parent of all others." – Marci		We are celebrating National Gratitude Month in November! Gratitude helps people feel more positive emotions, savor good experiences, improve their health, deal with adversity, and build strong relationships. Research also shows that feeling gratitude is associated with lower rates of depression. There are many ways to make gratitude a mainstay in our lives. Saying thank you to someone who is not expecting it or taking a few minutes each night to jot down a few things in a gratitude journal are great habits to start. Practicing daily gratitude gives us deeper connections to ourselves and the world around us. We here at Generations are grateful to our employees, residents, and families who come together each day to help and support one another.			
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
1500 Catherine Street Walla Walla, WA 99362 LIC#1640	4	5	6	7	9:00 Frid 9:30 Sou 10:00 Ex 10:40 Ca 1:30 Brid 2:00 Bird 3:00 Mo 3:00 Two 6:00 Eve 6:30 Frid
10:00 Methodist Church	8:30 Coffee & Donuts (CR)	7:15 Water Aerobics (Pool)	8:30 Senior Living Outing TBD	7:15 Water Aerobics (Pool)	9:00 Frid
Call 525-1870 to Schedule Pick-up	9:00 Walmart / Andy's (W)	10:00 Exercise (2L)	10:40 Candy Bingo (CON)	10:15 Gentle Yoga (VC)	<mark>9-2 Whe</mark>
10:30 Catholic Service (CH)	10:40 Candy Bingo (CON)	10:40 Candy Bingo (CON)	11:15 Balance & Strength(VC)	10:40 Candy Bingo (CON)	Bazaar! (
10:00 Exercise (2L)	11:00 Mending with Akiko(CR)	11:15 Gentle Chair Fit (VC)	1:00 Hand & Foot (GAM)	11:15 Gentle Chair Fit (VC)	11:15 Str
10:40 Candy Bingo (CON)	11:15 Balance & Strength(VC)	12:15 Watercolor (CR)	1:30 Dominos (2L)	1:00 Pinochle (GAM)	11:45 Lu
1:00 Hand & Foot (GAM)	1-5 Medical Transport	1:00 Pinochle (GAM)	2:00 Snacks with Sallie (2L)	1:30 Table Games (2L)	1:15 Dom
2:30 Wa-Hi concert (W)	1:00-3:00 Craft & Chat (CR)	1:30 Bible study (CH)	3:00 Candy BINGO (CR)	3:00 Movie (TH)	1:30 Brid
2:30 Table Games and	1:00 Pinochle (GAM)	1:30 Table Games (2L)	3:00 Movie (TH)	3:00 Skip-Bo (GAM)	2:00 Gro
Refreshments (2L)	1:30 Bridge (GAM)	2:00 Domino Games (GAM)	3:15 Comedy Hour (2L)	3:30 Grief Support Group (V)	3:00 Two
3:00 Movie (TH)	1:30 Dominos (2L)	3:00 Skip-Bo (GAM)	6:00 Evening Movie (TH)	6:00 Evening Movie (TH)	3:00 Mo
3:00 Two Bit Bingo (CON)	2:45 Monday Crafts (2L)				6:00 Eve
6:00 Evening Movie (TH)	3:00 Two Bit Bingo (CON)				6:30 Fri.

enior Living Vitality Calendar

Location Guide loor W - West Entrance **BS-Beauty Salon** 2E-2nd Floor East Wing EE - East Entrance C - Vitality Center CON -Conference Room R - Restaurant 3rd Floor RR - Red Rooster GC - Golf Course GAM -Game Room Ch-Chapel P-Pool TH - Movie Theater loor BC -Business Center CR -Community room LIB - Library B-Balcony TBD-To Be Determined 2L -2nd Floor Lobby FRIDAY SATURDAY 2 1 7:15 Water Aerobics (Pool) riday Shopping 10:40 Candy Bingo (CON) ound Audiology (COM) 11:00 Village Church (TH) Exercise (2L) 1:00 Crosswords (2L) Candy Bingo (CON) 1:30 Men's Poker (2L) ridge (GAM) 1:30 Crafts with Evie (CR) Birthday Party (CON) Novie (TH) 1:30 UNO (Gam) wo Bit Bingo (CON) 3:00 Movie (TH) 3:15 Group Games (2L) vening Movie (TH) riday Evening Praise (CH 6:00 Table Games (3L) 9 8 riday Shopping 7:15 Water Aerobics (Pool) heatland Village Craft 10:40 Candy Bingo (CON) (CON) (2,3rd Floor) 11:00 Village Church (TH) tretch & Flex (VC) 1:00 Crosswords (2L) unch Bunch: TBD 1:30 Men's Poker (2L) ominos (2L) 1:30 Crafts with Evie (CR) 2:30 This Day in History (2L) ridge (GAM) Group Games (2L) 3:00 Movie (TH) wo Bit Bingo (CON) 3:15 Group Games 6:00 Evening Movie (TH) Novie (TH) vening Movie (TH) ri. Evening Praise (CH)

WHEATLAN a generations con		November, 2024			Senior Living Vitality Calendar		
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
10	11	12	13	14	15	16	
10:00 Methodist Church	8:30 Coffee & Donuts (CR)	7:15 Water Aerobics (Pool)	8:30 Senior Living Outing TBD	7:15 Water Aerobics (Pool)	9:00 Friday Shopping	7:15 Water Aerobics (Pool)	
Call 525-1870 to Schedule Pick-up	9:00 Walmart / Andy's (W)	8:00 Men's Breakfast (CR)	10:40 Candy Bingo (CON)	10:00 Presbyterian Worship (Cl	9:30~ WW Audiology (GAM)	10:40 Candy Bingo (CON)	
10:30 Catholic Service (CH)	10:40 Candy Bingo (CON)	10:15 Gentle Yoga (VC)	11:15 Balance & Strength(VC)	10:15 Gentle Yoga (VC)	10:40 Candy Bingo (CON)	11:00 Village Church (TH)	
10:00 Exercise (2L)	11:15 Balance & Strength(VC)	11:15 Gentle Chair Fit (VC)	1:00 Hand & Foot (GAM)	10:40 Candy Bingo (CON)	11:15 Stretch & Flex (VC)	1:00 Crosswords (2L)	
10:40 Candy Bingo (CON)	1-5 Medical Transport	12:00 Pianist Carolyn ®	1:15 Dominos (2L)	11:15 Gentle Chair Fit (VC)	1:30 Bridge (GAM)	1:30 Men's Poker (2L)	
1:00 Hand & Foot (GAM)	1:00-3:00 Craft & Chat (CR)	12:15 Watercolor (CR)	2:00 Snacks with Sallie (2L)	1:00 Pinochle (GAM)	2:00 Albertsons & JoAnn's (W)	1:30 Crafts with Evie (CR)	
2:30 Table Games and	1:00 Lawrence H. Performance ®	1:00 Pinochle (GAM)	3:00 Resident Council (CON)	1:30 Table Games (2L)	2:30 Veteran's Hour (CON)	1:30 UNO (Gam)	
Refreshments (2L)	1:00 Pinochle (GAM)	1:30 Bible study (CH)	3:00 Movie (TH)	3:00 Uno! (2L)	3:00 Movie (TH)	3:00 Movie (TH)	
3:00 Movie (TH)	1:30 Bridge (GAM)	1:30 Table Games (2L)	3:15 Comedy Hour (2L)	3:00 Movie (TH)	3:00 Two Bit Bingo (CON)	3:15 Group Games (2L)	
3:00 Two Bit Bingo (CON)	2:45 Monday Crafts (2L)	2:00 Domino Games (GAM)	6:00 Evening Movie (TH)	3:00 Skip-Bo (GAM)	6:00 Evening movie (TH)	6:00 Table Games (3L)	
6:00 Evening Movie (TH)	3:00 Two Bit Bingo (CON)	3:00 Skip-Bo (GAM)		3:30 Grief Support Group (V)	6:30 Friday Evening Praise (CH)	
17	18	19	20	21	22	23	
10:00 Methodist Church	8:30 Coffee & Donuts (CR)	7:15 Water Aerobics (Pool)	8:30 Senior Living Outing TBD	7:15 Water Aerobics (Pool)	9:00 Friday Shopping	7:15 Water Aerobics (Pool)	
Call 525-1870 to Schedule Pick-up	9:00 Walmart / Andy's (W)	10:15 Gentle Yoga (VC)	10:40 Candy Bingo (CON)	10:15 Gentle Yoga (VC)	10:00 Exercise (2L)	10:40 Candy Bingo (CON)	
10:30 Catholic Service (CH)	10:00 Exercise (2L)	10:40 Candy Bingo (CON)	11:15 Balance & Strength(VC)	10:40 Candy Bingo (CON)	10:40 Candy Bingo (CON)	11:00 Village Church (TH)	
10:00 Exercise (2L)	10:40 Candy Bingo (CON)	11:15 Gentle Chair Fit (VC)	1:00 Hand & Foot (GAM)	11:00 Episcopal Service (CH)	11:15 Stretch & Flex (VC)	1:00 Crosswords (2L)	
10:40 Candy Bingo (CON)	11:00 Mending with Akiko(GAM)	12:15 Watercolor (CR)	1:30 Dominos (2L)	1:00 Pinochle (GAM)	1:15 Dominos (2L)	1:30 Men's Poker (2L)	
1:00 Hand & Foot (GAM)	1:00 Pinochle (GAM)	1:00 Pinochle (GAM)	2:00 New Resident Social (RR)	1:30 Table Games (2L)	1:30 Bridge (GAM)	1:30 Crafts with Evie (CR)	
2:30 Table Games and	1-5 Medical Transport	1:30 Bible study (CH)	3:00 Candy BINGO (CR)	2:30 Rick Doyle on Guitar ®	2:00 Group Games (2L)	1:30 UNO (Gam)	
Refreshments (2L)	' 1:00-3:00 Craft & Chat (CR)	2:00 Domino Games (GAM)	, 3:00 Movie (TH)	, 3:00 Movie (TH)	3:00 Two Bit Bingo (CON)	3:00 Movie (TH)	
3:00 Two Bit Bingo (CON)	1:30 Bridge (GAM)	3:00 Skip-Bo (GAM)	3:15 Comedy Hour (2L)	3:00 Skip-Bo (GAM)	3:00 Movie (TH)	3:15 Group Games (2L)	
3:00 Movie (TH)	3:00 Two Bit Bingo (CON)	3:00 Town Hall (CON)	6:00 Evening movie (TH)	3:30 Grief Support Group (V)	6:30 Fri. Evening Praise (CH)	6:00 Table Games (3L)	
24	25	26	27	28 Thanksgving Day	29	30	
10:00 Methodist Church	8:30 Coffee & Donuts (CR)	7:15 Water Aerobics (Pool)	8:30 Senior Living Outing TBD	7:15 Water Aerobics (Pool)	8-12 Love or Leave it (2nd Hall)	7:15 Water Aerobics (Pool)	
Call 525-1870 to Schedule Pick-up	9:00 Walmart / Andy's (W)	10:30 Book Club (COM)	10:00 Exercise (2L)	10:15 Gentle Yoga (VC)	9:00 Friday Shopping	10:40 Candy Bingo (CON)	
10:30 Catholic Service (CH)	10:40 Candy Bingo (CON)	10:15 Gentle Yoga (VC)	10:40 Candy Bingo (CON)	10:40 Candy Bingo (CON)	10:00 Exercise (2L)	11:00 Village Church (TH)	
10:00 Exercise (2L)	11:15 Balance & Strength(VC)	10:40 Candy Bingo (CON)	11:15 Balance & Strength(VC)	11:15 Gentle Chair Fit (VC)	10:40 Candy Bingo (CON)	1:00 Crosswords (2L)	
10:40 Candy Bingo (CON)	11:30 PEO Luncheon (COM)	11:15 Gentle Chair Fit (VC)	1:00 Hand & Foot (GAM)	1:00 Pinochle (GAM)	11:15 Stretch & Flex (VC)	1:30 Men's Poker (2L)	
1:00 Hand & Foot (GAM)	1:00 Pinochle (GAM)	12:15 Watercolor (CR)	1:30 Dominos (2L)	1:30 Table Games (2L)	1:30 Bridge (GAM)	1:30 Crafts with Evie (CR)	
2:30 Table Games and	1:00-3:00 Craft & Chat (CR)	1:00 Pinochle (GAM)	3:00 Candy BINGO (CR)	1:30 Quad-Ominos (2L)	1:30 Goodwill and Mall trip (w)	1:30 UNO (Gam)	
Refreshments (2L)	1:00 Pinochle (GAM)	1:30 Bible study (CH)	3:00 Movie (TH)	3:00 Skip-Bo (GAM)	3:00 Two Bit Bingo (CON)	3:00 Movie (TH)	
3:00 Two Bit Bingo (CON)	1:30 Bridge (GAM)	2:00 Domino Games (GAM)	4:45 Dinner Dash:	3:30 Grief Support Group (V)	3:00 Movie (TH)	3:15 Group Games (2L)	
3:00 Movie (TH)	3:00 Two Bit Bingo (CON)	3:00 Skip-Bo (GAM)	6:00 Evening Movie (TH)	6:00 Evening Movie (TH)	6:30 Friday Evening Praise (CH	6:00 Table Games (3L)	